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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.**

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

**Basic Drawing**—Pauline Dickson—Supply List: Tortillons, #2 Pencil, Kneaded Eraser, Fictis Eraser, Horse Hair drafting Brush, Drawing Board, clear ruler, magazines or pictures of items you would like to draw.

**Book Club**—Marty Mayer— bring the book you are currently reading to share with the class.

**Play Chess for Fun**—Tony Sutton— Use the skills you have learned in our chess classes and play for fun. Tony will provide the boards and pieces.

**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 landscapes. 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 6/27**

**Financial Fitness**—Cole Shad plans on the classes covering the fundamentals of investing, charitable giving, and estate planning as well as other finance topics.

**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 6/27.**

**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 scenes. Check out: [annsimprov.com](http://annsimprov.com) Limit 10 **Pre-registration required by 6/27.**

**Jewelry Making \***—Nancy Keown - 2 hour class, class limit 13, **\$30 supply fee** paid to Nancy. Beginners are welcome. A detailed supplies list will be emailed upon registration.

**Pre-registration required by 6/24**

**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!

**Let's Talk About Stress**—Cheya Thousand- This comprehensive workshop is designed to help you understand stress triggers, learn how stress impacts the body, recognize three key signs of stress and anxiety, and discover five effective self-care practices.

**Rock n Roll**—Dave Neal— Join Dave as he leads you down memory lane with music and anecdotes from 1973 & 74.

**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.—Kris Lesak— Bring your own supplies. Class limit 10.

**Pre-registration required by 6/27**

**Yoga**—Chair Yoga with Robin Fabianek on Mondays. Mat Yoga via video on Thursdays!

## SHEPHERD'S CENTER – SUMMER CLASSES 2024

Mondays – July 8— August 26 **No classes 7/22 & 8/12**

Orange Park 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>Pop and Rock – '73–'74</b> Dave Neal	<b>Current Events</b> Ken Johansen, Susan Howard, and Dr. Doug Greenberg	
<b>6204</b>	<b>Bingo for Prizes!</b> Rita Hewett Heron Realty	<b>Jewelry Instruction*</b> Nancy Keown Limit 13, Fee \$30 Reg by 6/24/24	<b>Jewelry Workshop</b> Continued from 10am Nancy Keown	<b>Water Colors/Acrylic, *</b> Susan Mills Limit: 10/2hrs
<b>6205</b>		<b>Knit and Chat</b> Billie Flahive	<b>Flower Arranging*</b> Ruth Johansen \$12 Fee, limit 12	<b>Mahjong</b> On the Balcony Linda Henning Alice Gentile
<b>6206</b>	<b>Clay History</b> Vishi Garig Clay County Archivist	<b>Book Club</b> Marty Mayer	<b>Drawing*</b> Kris Lesak	<b>Greeting Cards*</b> Lisa Thurman Limit 12 Fee \$6 per class
<b>6207</b>	<b>Improv Comedy*</b> Ann Doherty- Hardbattle Limit 10	<b>Let's Talk About Stress</b> Cheya Thousand	<b>Financial Fitness</b> Shad Cole The Shad Financial Group	<b>Chair Yoga</b> Robin Fabianek
<b>GYM</b>	<b>Walking in the Gym</b> George Tower	<b>Movement/Exercise</b> LouAnn Simpson <b>Pennies from Heaven</b> Game 1 Robin Fabianek <b>Ukulele*</b> Deb Felts	<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, 6/27/2024. 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 6/28/2024 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

### Classes via Zoom, Mondays & Tuesdays, July 8—August 27 No class, 7/22 & 8/12

<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
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## SHEPHERD'S CENTER –SPRING CLASSES

Thursday – July 11 — August 29

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 via Video</b> With Ginny Ross	<b>Movement and Exercise</b> Michael Saffy Silverlink Consulting
<b>207</b>		<b>Playing Chess</b> Tony Sutton	<b>Playing Chess</b> continued Tony Sutton
<b>208 A</b>		<b>Watercolors Instruction*</b> Kris Lesak Limit 10	<b>Watercolors Paint on Your Own*</b>
<b>208 B</b>	<b>Iphone Instruction</b> Christy Fitzgerald	<b>Basic Drawing *</b> 2 hour class Pauline Dickson	<b>Drawing * continued</b>
<b>209</b>		<b>Family History/Genealogy</b> Stanley Carroll	<b>Getting to Know Yourself thorough Writing</b> Marty Mayer
<b>202</b>	A minimum of 4 players registered required for Pennies.	<b>Pennies from Heaven* Game 1</b> Robin Fabianek	<b>Pennies from Heaven* Game 2</b> Robin Fabianek
<b>203</b>		<b>Tangles on Paper*</b> Chris Bass & Pat Fiedler Limit 10	<b>Tangles on Paper* continued</b> Chris Bass & Pat Fiedler

### 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>July 8</b>	<b>"Help Prevent Healthcare Fraud &amp; Abuse" - Carrie Petesch, Shine Advisor, Elder Source</b>	<b>Pot Roast</b>
<b>July 15</b>	<b>"Blunders 'n Blooms" - Frances Havey</b>	<b>Roasted Pork Chops</b>
<b>July 29</b>	<b>"Senior Living 101" - Ashley Robinson, Palagio</b>	<b>Chicken Parmesan</b>
<b>Aug 5</b>	<b>"Exercise is Everything " - Dr. Edwards, Coastal Health</b>	<b>Salisbury Steak</b>
<b>Aug 19</b>	<b>"Are You Fit to Fall" - Alex Moore, YouMeCare</b>	<b>Chicken Lemon</b>
<b>Aug 26</b>	<b>Teacher Appreciation</b>	<b>Meatloaf with Gravy</b>

### 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!

***A very special thank-you to Trish Diggins for her time and talents in maintaining the SC00P website, [www.tscoop.com](http://www.tscoop.com)***

***Sunshine Committee Report:***

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

Sympathy: Adrienne Fox & Patrica Asta-husband/father Paul Asta; Alice Gentile-granddaughter, MacKenzie; Hall Hill—son, Bobby; Ruth Johansen- sister, Mary; Marty Meyer-brother, Bill; Brad & Jenny Snyder-father, Bill; Michael Stachowiak-mother, Marcy; Carol Studdard-husband, James; Woody Witczak-wife, MaryAnn

Get Well: Lorraine Miller

Thinking of You: Adrienne Fox and Partricia Asta- husband/father, Paul

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.

**UPCOMING "FUN COMMITTEE" EVENTS**

**6/10-11:30am– Brick Oven Pizzeria and Gastropub Lunch**, RSVP req by 6/6

**6/23—7pm—"Cinderella" at the Orange Park Community Theatre**, \$20

**7/17 –9am-12:30pm-"Silver Space Series"** at Museum of Science and History, \$20

**7/31—11:30– Lunch at Cracker Barrel**, RSVP req by 7/26

**8/17-7pm-"Ultimate Elvis"** at Thrasher Horne, \$46

**8/28—11:30—Lunch at a local restaurant**, location to be announced

**Shepherd's Center Board of Directors**

**2024 Officers:**

**2024 Trustees:**

**Advisory Trustees**

Ruth Johansen, Chairman	Andrea Crowder	Ron Gebhard	Christy Fitzgerald, Ex. Dir.
Suzanne Tower, Vice Chairman	Rose Hawkins	Carol Klein	Robyn Voigt, Orange Park
Chris Bass, Secretary	Charlie Lusk	Kristin Moore	Methodist Church
Chuck Smithers, Treasurer	Mary Matheson		

**WELCOME TO OUR NEW MEMBERS!**

Grace Armstrong	Rene Berberich	Sandra Brooks	Dottie Cerrone
Patricia Donahue	Patricia Eubanks	Alexa Herppich	Sigrid Herppich
Shirley Hood	Barbara Kelly	Joyce Kelly	Bobbi Kramer
Mary Paquin	Henry Racer	Bob Sargent	Mickey Taylor
	Shelley Thomas	Cheryl Vye	

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**To register for the Summer 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 \$42.00 \_\_\_\_\_**

**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 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 on Mondays.

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

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

\_\_\_\_\_ Bingo

\_\_\_\_\_ Clay History

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

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

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

\_\_\_\_\_ Walking—Gym

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

\_\_\_\_\_ Book Club

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

\_\_\_\_\_ Knitting

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

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

\_\_\_\_\_ Pop/Rock

\_\_\_\_\_ Talk Stress

\_\_\_\_\_ Ukulele\*

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

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

\_\_\_\_\_ Drawing

\_\_\_\_\_ Financial Fitness

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

\_\_\_\_\_ Line Dancing

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

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

\_\_\_\_\_ Chair Yoga

\_\_\_\_\_ Greeting Cards\*

\_\_\_\_\_ MahJong

\_\_\_\_\_ Watercolors \*

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

\_\_\_\_\_ Local History

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

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

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

\_\_\_\_\_ Iphone

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

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

\_\_\_\_\_ Chess Playing

\_\_\_\_\_ Basic Drawing  
2hrs

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

\_\_\_\_\_ Iphone

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

\_\_\_\_\_ Tangles 2hrs

\_\_\_\_\_ Watercolors\*  
2hrs

\_\_\_\_\_ Yoga

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

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

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

\_\_\_\_\_ Writing

### **FUN COMMITTEE**

Payment due upon  
registration

\_\_\_\_\_ Cinderella \$20

\_\_\_\_\_ Brick Oven lunch

\_\_\_\_\_ Mosh \$20

\_\_\_\_\_ Ultimate Elvis \$46

\_\_\_\_\_ Cracker Barrel

\_\_\_\_\_ 8/28 Lunch



**Individual & Gala Contributors****Feb. 11—May 22, 2024)****Diamond (\$500 +)**  
Reinhold Foundation**Ruby (\$100 +)**

Christine Anderson  
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Ollavan Brown  
Diane Crowe  
John Donnellon  
Barbara Elliott  
Pat Fiedler  
Norma Layton  
Nancy Keating  
Susan Nevinger  
Ashley Robinson  
Brittney Shay  
Kathy Vallencourt  
Giesela Wirth

**Sapphire (\$50 +)**

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Linda Henning  
Kristina Karkkainen  
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John Merrill  
Janet Peterson  
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**Golden Years Gala****Title Sponsor**

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Congratulations to the winners of this year Gala Awards: **Nancy Keating**, Ernie Cohen Lifetime Achievement Award, **Lily Kinmonth**, Woman of the Year, **Bob Donnellon**, Man of the Year, and **Katy Kearson**, Shepherd's Center Volunteer of the Year.

Thank you to the Golden Years Gala Committee that made this years event a huge success: Al Benson, Andrea Crowder, Connie Eden, Rose Hawkins, Ruth Johansen, Katy Kearson, Carol Klein, Mary Matheson, Francie Paspalaris, Michael Saffy, Brittney Shay, Chuck Smithers and Suzanne Tower.



**The Windsor Ortega** is opening their doors and giving VIP tours for visitors, as well as hosting a fundraiser for the THE SHEPHERD'S CENTER OF ORANGE PARK (SCOOP). Come ready to bid on beautiful potted plants and flowers that have been donated by our community partners. All money raised will benefit the seniors in our greater community via the programs offered at SCOOP. It's a perfect afternoon among friends that benefits everyone! RSVP to save your spot at the festivities. Refreshments provided. RSVP by June 24th to: 904-353-9500. The Windsor is located at 5939 Roosevelt Blvd, Jacksonville 32244

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

The Shepherd's Center of Orange Park was founded on the ideal of bringing together individuals from all walks of life to celebrate the joys of aging. This commitment fosters a culture where meaningful connections to each other, to our communities, and to the world may occur. We promote a culture where we welcome any participant regardless of race, color, ancestry, religion, sex, national origin, sexual orientation, age, citizenship, marital status, disability, gender identity, or Veteran status. All are welcome!



**Michael B. Knapp, HAS, ACA, BC-HIS**  
Hearing Aid Specialist  
Audioprosthologist  
Board Certified in Hearing Instrument Sciences  
President & CEO

### Orange Park Clinic

1494 Park Avenue  
Orange Park, FL 32073

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Fax: (904) 644-8737

Cell: (727) 255-4858

Michael.Knapp@NewWayHearingAids.com

[www.NewWayHearingAids.com](http://www.NewWayHearingAids.com)



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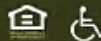


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