

---

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\***— Susan Nevinger—Bring your own supplies. **Pre-register by 1/6.**

**Art Appreciation**— Susan Nevinger—Impressionism: Learn about the artists who developed a radical, new style of painting in the 19th Century.

**Basic Drawing Continued\***—Pauline Dickson—Bring your own supplies and build drawing skills. **Pre-register by 1/6.**

**Book Club**—Marty Mayer— bring the book you're currently reading to discuss with the class.

**Beginner Chess** —Tony Sutton - Introduction to the game of chess. Learn how the pieces move, plus general principles and tactics. The two hour session will be split evenly between instruction and play. Boards/sets will be provided.

**Crochet**—Katie Tibbets—Bring your own supplies. Katie can help you with a current project or teach you how to crochet.

**Drawing Botanicals and More \***— Sharon Fellows—Drawing flowers and other garden inspiration. Only open to those who can attend for the first hour and a half. The last half hour will be used for applying color and discussion. No previous experience needed. A materials list will be provided to you upon registration. \$10 supply fee paid to Sharon for other materials she will provide.

**Financial Fitness\***—Cori and Cole Shad from Shad Financial Group at Morgan Stanley Wealth Management - Learn about retirement planning, charitable giving, estate planning, and other wealth management topics. Get your questions answered!

**Getting to Know Yourself through Writing**—Marty Mayer -write short responses to writing prompts to get you "talking to yourself on paper." Learn about yourself and others through writing.

**Improv for Everyone \***—Ann Doherty-Hardbattle- Improv is making things up as you go along! Improve your communication skills with fun and engaging improv games, exercises, and scenes. Check out: [annsimprov.com](http://annsimprov.com) Limit 10 **Pre-registration required by 1/6.**

**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 12/23**

**Knit and Chat**—Billie Flahive— Gather with 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 the fun skill of knitting.

**Rock n Roll**—Dave Neal- Join Dave as he leads you down memory lane with music and anecdotes from 1976 and 77.

**Traveling Down the Rabbit Hole of Local History**—Kate Riggs— Virtual class via Zoom— Discussion, videos, and a possible field trip to learn about the interesting history of our area.

**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 1/6**

**Chair Yoga**—Connie Eden on Mondays, Robin Fabianek on Thursdays—Strength, flexibility, breathing, and balance through gentle yoga exercises for all levels.

## SHEPHERD'S CENTER – WINTER CLASSES 2025

Mondays – January 13— March 10 **No class 1/6, 1/20, or 2/17**

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.
6203	<b>Elder Law</b> Mike Jorgensen Senior Counsel Also via Zoom	<b>Pop and Rock – '76-'77</b> Dave Neal	<b>Current Events</b> Ken Johansen, Susan Howard, and Dr. Doug Greenberg	<b>Acrylics</b> Susan Nevinger Reg by 1/6
6204	<b>Bingo for Prizes!</b> Rita Hewett Herron Realty	<b>Jewelry Instruction*</b> Nancy Keown Limit 13, Fee \$40 Reg by 12/23	<b>Jewelry Workshop</b> Continued from 10am Nancy Keown	<b>Water Colors*</b> Susan Mills Limit: 10/2hrs
6205		<b>Knit and Chat</b> Billie Flahive	<b>Financial Fitness*</b> Cori and Cole Shad	<b>Chair Yoga</b> Connie Eden
6206		<b>Art Appreciation</b> Susan Nevinger	<b>Drawing with Colored Pencils*</b> Kris Lesak	<b>Greeting Cards*</b> Katie Tibbets & Chris Bass Limit 10 Fee \$15 reg by 1/6
6207	<b>Improv for Everyone*</b> Ann Doherty-Hardbattle Limit 10	<b>Ukulele</b> Deb Felts	<b>Book Club</b> Marty Mayer	<b>Chair Yoga</b> Connie Eden
GYM	<b>Walking to the River</b> 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	<b>Mahjong</b> Linda Henning Alice Gentile

### \* Classes require pre-registration

Anyone interested in a pre-registration class (marked by an asterisk “\*”) should sign up prior to, 1/6/2025. 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 1/6/2025 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, January 13—March 10 No class 1/6, 1/20 and 2/17

**Monday, 9am**  
**Elder Law**  
Mike Jorgensen, Senior Counsel

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

## SHEPHERD'S CENTER –WINTER CLASSES 2025

Thursdays – January 9 – February 27

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>Movement and Exercise</b> Michael Saffy Silverlink Consulting	<b>Chair Yoga</b> Robin Fabianek
<b>207</b>		<b>Beginner Chess*</b> Tony Sutton Reg by 1/6	<b>Beginner Chess</b> continued Tony Sutton
<b>208 A</b>		<b>Watercolors Instruction*</b> Kris Lesak	<b>Watercolors Paint on Your Own*</b> Kris Lesak
<b>208 B</b>	<b>Crochet</b> Katie Tibbits Reg by 1/6	<b>Basic Drawing *</b> 2 hour class Pauline Dickson Reg by 1/6	<b>Basic Drawing * continued</b> Pauline Dickson
<b>209</b>		<b>Family History/Genealogy</b> Stanley Carroll	<b>Getting to Know Yourself through 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>
<b>203</b>		<b>Drawing Botanicals and More*</b> Sharon Fellows Limit 10 reg by 1/6	<b>Drawing Botanicals &amp; More* * continued</b> Sharon Fellows
<b>204</b>		<b>Mahjong</b> Linda Henning	<b>Mahjong</b> Linda Henning

### 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 13</b>	<b>- Ashley Robinson, Palagio Senior Living</b>	<b>Hawaiian Pork Tenderloin/Rice Gravy</b>
<b>Jan 27</b>	<b>"You &amp; UTI: Removing the stigma for men and women" - Lori Whitman, Seniors Helping Seniors</b>	<b>Meat Loaf w/gravy</b>
<b>Feb 3</b>	<b>"Deadly Fashion: How women changed fashion history in the early 1900s"- Bob Scallan, OP History Tours</b>	<b>Pulled Pork</b>
<b>Feb 10</b>	<b>- Kristin Moore, The Windsor at Ortega</b>	<b>BBQ Chicken</b>
<b>Feb 24</b>	<b>"Golden Moments: Celebrating 50 Years of the OP Mall"—Randy Bowman and Catherine Wells, OP Mall</b>	<b>Blackened Pork Chops</b>
<b>Mar 3</b>	<b>"Singalong with Ukelele Music" - Deb Felts and the Shepherd's Center Ukelele Class</b>	<b>Chicken Parm/Noodles/Sauce</b>
<b>Mar 10</b>	<b>Teacher Appreciation</b>	<b>Salisbury Steak</b>

**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: Margery Flannagan for her father, Rita Hewitt for her uncle, Mr. and Mrs. Wayne Newbern for the passing of Waynes ex-wife Joan

Get Well: Sherri Bankston, Letreze Jordan, Mike Jorgensen, Dan King, Francie Paspalaris

Thinking of You: Diane Husselton and Nancy Marcet for their mother

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**

**1/22—10:30am—Movie at The Windsor at Ortega—"Thelma"—Free**

In this hilarious comedy, Thelma, a 93 year old grandmother, loses \$10,000 to a con artist. She goes on a motor scooter adventure to reclaim what was taken from her.

**2/19—1:30pm—Orange Park History Tour \$15**

Dressed in period clothing, Bob Scallan will take us on a fun and informative walking tour of old Orange Park, starting at Urban Bean.

**3/19— 9:30am—Breakfast, Billiards Instruction, and Lunch - Corner Pocket \$20**

Learn to play pool or sharpen your skills! 2 instructors will be on hand to help out.

**Reservations are required for all events.**

**Shepherd's Center Board of Directors**

2025 Officers:		2025 Trustees:		Advisory Trustees
Mary Matheson, Chairman	Ron Gebhard, Vice-Chairman	Andrea Crowder	Charlie Lusk	Elizabeth Reed, Executive Director
Rose Hawkins, Secretary	Chuck Smithers, Treasurer	Ruth Johansen	Kate Riggs	Robyn Voigt, Orange Park Methodist Church
		Carol Klein		

**WELCOME TO OUR NEW MEMBERS!**

- |               |                 |                  |                 |                   |
|---------------|-----------------|------------------|-----------------|-------------------|
| Jennie Bailey | Debbie Collins  | Leroy Ericksen   | Maureen Jung    | Pamela Richardson |
| Cora Bertrand | Robin Cowling   | Barbara Feingold | Leslie Nussbaum | Nancy Stein       |
| Francina Bing | Jerry Dauphinee | Lisa Hogan       | Albert Raska    |                   |

**Thank you Clay County Senior Adult Advocacy Council, Haven Hospice, and Pruitt Health for sponsoring our Holiday Party in December!**

**A very special thank you to our PLATINUM SPONSORS: ASSISTING HANDS, SILVER LINK CONSULTING, PALAGIO SENIOR LIVING, COMMUNITY HOSPICE and PALLATIVE CARE OF NORTHEAST FLORIDA, and SENIORS HELPING SENIORS**

**To register for the Winter 2025 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 \_\_\_\_\_  
**Total** \$ \_\_\_\_\_

**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 13 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!

Mary Matheson 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 with a ✓ Mark**

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

Elder Law

Elder Law via **Zoom**

Bingo for Prizes

Improv\*

Walking

#### Monday 10:00 A.M.

Pop/Rock

Jewelry Making\*

Knitting

Art Appreciation

Ukelele\*

Movement & Exercise

Pennies Game 1

#### Monday 11:00 A.M.

Current Events

Financial Fitness

Drawing

Book Club

Line Dancing

Pennies Game 2

#### Monday 1:15 P.M.

**1:15 P.M.**

Acrylics\*

Watercolors\*

Greeting Cards\*

Chair Yoga

MahJong\*

#### Tuesday 11:00 A.M.

History via Zoom

#### Tuesday 1:00 P.M.

Bridge Playing

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

Tai Chi Gung

Crochet

#### Thursday 10:00 A.M.

Movement & Exercise

Beginner Chess\*

2 hours

Watercolors\* 2 hours

Basic Drawing\*

2 hours

Family History\*

Pennies Game 1

Drawing Botanicals\*

2 hours

Mahjong

#### Thursday 11:00 A.M.

Chair Yoga

Writing

Pennies Game 2

Mahjong

### **FUN COMMITTEE**

Payment due upon registration

Movie 1/22 free

OP History tour 2/19

\$10

Billiards 3/19 \$20

## Contributors

**August 14, 2024—October 31, 2024**

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

Mike and Karen  
Vallencourt  
Shad Financial at  
Morgan Stanley  
Coastal Health  
Assisting Hands  
Seniors Helping Seniors  
The Windsor at Ortega  
Clay Co Sr Advocacy

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

Pat Fiedler  
Kimberly Frazier

### **Emerald (\$250 +)**

Palagio Senior Living  
Silverlink Consulting

### **Ruby (\$100 +)**

Sharyn Kent Manning  
Maureen Preta  
Katie Tibbits  
Mike Jorgensen, Attny  
New Way Hearing

## Golden Years Gala 2025

**Sponsors to date  
Sponsorships Available!**

### **Platinum (\$2500 +)**

Anonymous

### **Gold (\$1000 )**

SilverLink Consulting  
George and Suzanne Tower  
Rose Hawkins

### **Silver (\$500)**

Brookdale of Orange Park

### **Bronze (\$250)**

Bullwinkle's Trailer Repair  
Preferred Physical Therapy

### **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!

**OUTSTANDING VOLUNTEER SERVICE NOMINATION AND SPONSOR  
FORMS ARE AVAILABLE ON OUR WEBSITE,  
<https://www.tscoop.org/goldenyears gala/>  
Nominations are due 1/31/25**

### **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: \_\_\_\_\_

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

## 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

Office: (904) 644-8779

Fax: (904) 644-8737

Cell: (727) 255-4858

Michael.Knapp@NewWayHearingAids.com

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



...A WAY TO GIVE AND TO RECEIVE™

**Lori Whitman**  
Owner

P 904.344.8826 • C 770.540.7446

E [lori@seniorcarenortheastfl.com](mailto:lori@seniorcarenortheastfl.com)

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

8006 Green Glade Rd. • Jacksonville, FL 32256



### Mike Jorgensen, JD, LL.M

Office 904.619.8890 Cell 904.994.7231

[mjorgensen@seniorcounselaw.com](mailto:mjorgensen@seniorcounselaw.com)

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



Live the Good Life.®



**Ashley Robinson**  
Marketing Director

1525 Kingsley Ave  
Orange Park, FL 32073  
(904) 639-4700  
Sales: (904) 955-9488  
Fax: (904) 644-8568



[Palagioseniorliving.com](http://Palagioseniorliving.com)



Disrupting a broken Healthcare Industry

SCAN ME

### Michael Elliott

Email: [michaelrelliott1976@gmail.com](mailto:michaelrelliott1976@gmail.com)

Website: [elliottandelliott.acnibo.com](http://elliottandelliott.acnibo.com)

Mobile: 904-537-3446



Call or Text to get a quote in 3 minutes and see how much you can save!

### Morgan Stanley

### The Shad Financial Group at Morgan Stanley

**Lynn Shad, CFP®**  
Senior Vice President  
Wealth Advisor  
NMLS #: 1418867

**Art Shad, CFP®**  
Executive Director  
Senior Portfolio Management Director  
Wealth Advisor  
NMLS #: 1413953

**Cori Shad**  
Financial Planning Specialist  
Wealth Advisor  
NMLS #: 2112598

**Cole Shad**  
Financial Planning Specialist  
Wealth Advisor  
NMLS #: 2431347

50 N. Laura Street, Suite 2000  
Jacksonville, FL 32202  
904-632-0211 | 866-673-9600  
[advisor.morganstanley.com/shadfinancial](http://advisor.morganstanley.com/shadfinancial)

CFP Board owns the mark CFP® in the U.S.

© 2024 Morgan Stanley Smith Barney LLC. Member SIPC.  
BC006 CRC 3923956 10/24

A nonprofit community service organization for adults 55+ in NE FL.  
**SHEPHERD'S CENTER OF ORANGE PARK, INC.**  
2105 Park Avenue, Suite 30 – Orange Park, FL 32073  
(904) 269-5315

**NON-PROFIT ORG.**  
**US POSTAGE PAID**  
**JACKSONVILLE, FL**  
**PERMIT 584**

**A VERY BIG THANK YOU TO OUR PLATINUM SPONSORS!!**



**Assisting Hands®**  
*Home Care*  
Matt & Tracy Hardy, Owners

We can help with  
Bathing    Companionship  
Dressing    Dementia Care  
Grooming    Transportation

Serving South Jacksonville & Clay Co.  
1950 Miller St. Suite 6 - Orange Park FL 32073  
**904-746-1036**  
Assistinghands.com/southjax  
License # 299995931



**Their Home. Our Care.**

©2024 Assisting Hands® Home Care, Nampa, Idaho 83657. All Rights Reserved.

*The Windsor*  
**at Ortega**  
ASSISTED LIVING & MEMORY CARE

**KRISTIN GREEN MOORE**  
SALES DIRECTOR

PHONE (904) 353-8500  
CELL (904) 553-8343  
FAX (904) 361-3677  
kristin.moore@legendseniorliving.com  
www.LegendSeniorLiving.com

5939 Roosevelt Blvd  
Jacksonville, FL 32244  
License # AL12509

**SilverLink Consulting**  
Senior Advisors

**Michael Saffy**

---

Owner

Michael@SilverLinkConsulting.com  
www.SilverLinkConsulting.com

C: 904.629.7805



**Community**  
Hospice & Palliative Care™

**Your Compassionate Guide**

.....

Community focused & supported  
Serving Clay County with Compassion Since 1979

**904.268.5200 • CommunityHospice.com**