
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*— Susan Nevinger—Bring your own supplies. **Pre-register by 3/24.**

Android Phone—Elizabeth Reed— Learn the basics of how to use your Android phone. Learn tips and tricks to getting the most out of your phone. Bring your questions and get answers!

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 3/24.**

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

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

Drawing Botanicals *— Kris Lesak —Drawing flowers and other garden inspiration. No previous experience needed.

Getting to Know Yourself through Words—Marty Mayer —discuss quotes and other inspiration with the class. No writing skills needed.

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 Limit 10 **Pre-registration required by 3/24.**

iPhone *—Lindsey Anderson on Mondays, Aaron Johnson on Thursdays – Learn the basics of how to use your iPhone. Bring your phone and your questions!

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 3/17**

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 we'll have a small project for you to learn the fun skill of knitting.

Movement & Exercise—LouAnn Simpson on Mondays, Michael Saffy on Thursdays— Light weights and gentle exercises, set to music. Have fun while staying fit!

Rock n Roll—Dave Neal— Join Dave as he leads you down memory lane with music, trivia, 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*—Kris Lesak— Bring your own supplies. Class limit 10. **Pre-registration required by 3/24**

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 – SPRING CLASSES 2025

Mondays – March 31– May 19, No class 4/21

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	Elder Law Mike Jorgensen Senior Counsel Also via Zoom	Pop and Rock – '76–'77 Dave Neal	Current Events Susan Howard and Dr. Doug Greenberg	Acrylics Susan Nevinger Reg by 3/24
6204	Bingo for Prizes! Rita Hewett Herron Realty	Jewelry Instruction* Nancy Keown Limit 13, Fee \$40 Reg by 12/23	Jewelry Workshop Continued from 10am Nancy Keown	How to Use Your iPhone Lindsey Anderson A Place at Home
6205		Knit and Chat Billie Flahive	Flower Arranging Ruth Johansen Fee \$10	Chair Yoga Connie Eden
6206		Art Appreciation Susan Nevinger	Drawing with Colored Pencils* Kris Lesak	Greeting Cards* Katie Tibbets & Chris Bass Limit 10 Fee \$15 reg by 3/24
6207	Improv for Everyone* Ann Doherty- Hardbattle Limit 10	Ukulele Deb Felts	Book Club Marty Mayer	Chair Yoga Connie Eden
GYM	Walking to the River 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	Mahjong Linda Henning Alice Gentile

*** Classes require pre-registration**

Anyone interested in a pre-registration class (marked by an asterisk “*”) should sign up prior to, 3/24/2025. 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 3/24/2025 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, March 31–May 20, No class 4/21

Monday, 9am Elder Law Mike Jorgensen, Senior Counsel	Tuesday, 11am Traveling Down the Rabbit Holes of Local History Kate Riggs, Kate Riggs Consulting
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SHEPHERD'S CENTER –SPRING CLASSES 2025

Thursdays – April 3 — May 22

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	Movement and Exercise Michael Saffy	Chair Yoga Robin Fabianek
207		How to Use Your iPhone Aaron Johnson Coldwell Banker/Vanguard	How to Use Your Android Phone Elizabeth Reed
208 A		Watercolors Instruction* Kris Lesak	Watercolors Paint on Your Own* Kris Lesak
208 B	Crochet Katie Tibbits Reg by 3/24	Basic Drawing * 2 hour class Pauline Dickson Reg by 3/24	Basic Drawing * continued Pauline Dickson
209		Family History/Genealogy Stanley Carroll	Getting to Know Yourself through Words Marty Mayer
202	A minimum of 4 players registered required for Pennies.	Pennies from Heaven* Game 1 Robin Fabianek	Pennies from Heaven* Game 2
203		Drawing Botanicals* Kris Lesak Limit 10 reg by 3/24	Drawing Botanicals* * continued Kris Lesak
204		Mahjong Linda Henning	Mahjong Linda Henning

Lunch & Learn 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.

Mar 31	"Stroke Prevention" Kevin Ahl, Orange Park Hospital	Meat Loaf
Apr 7	"Keeping Engaged with Fun Activities—Micki Francis, Brookdale Senior Living of Orange Park	Pulled Pork
Apr 14	"Health Sharing—Disrupting a Broken Healthcare System" - Michael Elliott, Impact Health Sharing	Lemon Chicken
Apr 28	"The Four Things that Matter Most—Francie Paspalaris, Community Hospice and Palliative Care	Pot Roast
May 5	"Good Neighbors: How to Help Those In Need Around You" Michael Saffy, SilverLink Consulting	Roasted Boneless Pork Chop
May 12	"Staying Safe at Home—Tips for Senior Adults" Jairo Herrera, Community Paramedicine, Clay County Fire	Chicken Parm/Noodles/Sauce
May 19	Teacher Appreciation—Kristin Moore, The Windsor at Ortega	Salisbury Steak

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: to the family of Joetta Clovis, Ruth Johansen for the passing of her husband Ken Johansen, Edwina Penders for the passing of her husband Richard Penders, and Chuck Smithers for the passing of his father Tuffy Smithers

Get Well: Robin Fabianek, Elaine Gracchi, Ken Johansen, Mike Jorgensen, and Susan Mills

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 SQUAD" EVENTS

4/18—10:00am—Mandarin Museum Guided Tour and Picnic \$20

Guided tour of Walter Jones Historical Park, including the 1898 St. Joseph's Mission Schoolhouse for African American Children, the 1892 Losco Winery, the 1875 Webb-Jones Farmhouse, and the 1876 Barn. Meet at OP Methodist Church at 9 am to carpool.

5/23—12:00pm—Lunch at Valentina's Italian Bistro in Orange Park

6/4—10:00am—Reparation Earth Tour and Picnic \$20

Guided tour of this aquaponics farm. See firsthand how plants can be cultivated without soil— the future of organic farming! Meet at OP Methodist Church at 9 am to carpool.

6/22—2:00 pm—"Rock of Ages" at Orange Park Community Theater \$22.50

A small-town girl and a city boy fall in love while pursuing their dreams in 1980s Los Angeles. 10% discount for our group, 20% discount if we have >20. Register by 5/22.

Reservations are required for all events—payment due upon registration

Shepherd's Center Board of Directors

2025 Officers:

2025 Trustees:

Advisory Trustees

Mary Matheson, Chairman	Andrea Crowder	Charlie Lusk	Elizabeth Reed, Executive Director
Ron Gebhard, Vice-Chairman	Ron Gebhard	Kristin Moore	
Rose Hawkins, Secretary	Ruth Johansen	Kate Riggs	Robyn Voigt, Orange Park Methodist Church
Chuck Smithers, Treasurer	Carol Klein	Barbara Elliott	

WELCOME TO OUR NEW MEMBERS!

Elaine Canaan	Charlene Hubbard	Christine Reese	Judy Walker
Sandra Cheney	Aaron Johnson	Linda Reynolds	
Keith Geasland	Kay King	Cindy Sapp	
Robert Hedge	Cat Mallard	Sandra Staudt-	
Pamela Henderson	Madeline Perry	Joyce Tabur	

A very special thank you to our PLATINUM SPONSORS:

SILVER LINK CONSULTING,

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COMMUNITY HOSPICE and PALLATIVE CARE OF NORTHEAST FLORIDA

To register for the Spring 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? _____

Register for Monday Mar 31 lunch: _____

Office use only	
Amount paid \$	_____
Method: Check #	_____ Cash CC (circle one)
Date	_____
Entered in New Org	_____ (date and initials)
Entered on Card	_____ (date and initials)

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!

Indicate your choice of classes with a ✓ Mark

Monday 9:00 A.M.

- Elder Law
- Elder Law via **Zoom**
- Bingo for Prizes
- Improv for Everyone*
- Walking to the River

Monday 10:00 A.M.

- Pop/Rock
- Jewelry Making*
- Knit and Chat
- Art Appreciation
- Ukelele*
- Movement & Exercise

Monday 11:00 A.M.

- Current Events
- Flower Arranging
- Drawing
- Book Club
- Line Dancing

Monday 1:15 P.M.

- Acrylics*
- How to Use iPhone
- 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
- How to Use iPhone
- Watercolors* 2 hours
- Basic Drawing* 2 hours
- Family History*

Thursday 11:00 A.M.

- Pennies Game 1
- Drawing Botanicals* 2 hours
- Mahjong
- Chair Yoga
- How to Use Android phone
- Getting to Know Yourself / Words
- Pennies Game 2
- Mahjong

FUN SQUAD

Payment due upon registration

- 4/18 Mandarin Museum Tour/ Picnic \$20
- 5/23 Lunch at Valentina's Bistro
- 6/4 Reparation Earth Tour/Picnic \$20
- 6/22 Rock of Ages \$22.50 OPCT

- 7/16 Lunch at Salsa's Restaurant

Individual Contributors

November 1, 2024—February 11, 2025

**Thank you so much
for your support!**

Diamond (\$500 +)

Chuck Smithers in
memory of his father
Tuffy Smithers

Emerald (\$250 +)

Martha Bruner
Charlie Lusk
Rhonda Thompson
Fran Isert

Ruby (\$100 +)

Linda Henning
Al Benson
Vicki McComb
John Banton
Maria MacLeod
Jackie Golay
Mary Matheson
Anne Burke
Ellen Cottom
Barbara Elliott
Lois Nolan
Joan and William Bazley
Elizabeth Reed
Dave Faber

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Ken and Ruth Johansen
Andrea Crowder

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!

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: _____

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 who financially support the Shepherd's Center of Orange Park!

About SCOOP

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. All are welcome!

Adventures In Learning Classes are taught on various subjects by knowledgeable volunteer instructors. There are four, 8-week sessions per year. Lunch is also available along with an entertaining and informative Lunch & Learn on Mondays.



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

Orange Park Clinic

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