

# NEWSLETTER SUMMER SESSION 2025

**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.

**Watercolors or Acrylics\***—Kris Lesak—Bring your own supplies. Pre-register by 6/30.

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

**Basic Drawing Continued\***—Pauline Dickson—Bring your own supplies and build drawing skills. Pre-register by 6/30.

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

**Clay County History**—Vishi Garig, Clay County Archives—Learn about our Clay County local history, from prehistoric times to present, through images and stories.

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

**Crochet**—Katie Tibbets—Bring your own supplies. Bring a current project or learn how to crochet.

**Drawing\***—Kris Lesak—Drawing techniques and practice. No previous experience needed.

**Flower Arranging**—Ruth Johansen—Learn creative ways to arrange fresh flowers. You provide the flowers and greenery. \$10 supply fee due to Ruth for containers, etc.

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

**Imaginative Writing**—Cynthia Hollingsworth—Learn to tap into and develop your imagination, expand your creative thinking, and keep your brain active!

**Improv for Everyone \***—Ann Doherty-Hardbattle—Improve your communication skills with fun and engaging improv games, exercises, and scenes. Limit 10 Pre-register by 6/30.

**iPhone \***—Willy Rothrock and Lindsey Anderson—Learn the basics of how to use your iPhone. Bring your phone and your questions!

**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.

**Money Mastery After Retirement**—Ella Dinkins UF/IFAS Extension—Reduce stress over your finances through goal setting, planning, money management, and protecting your assets.

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

**Navigating the World of Elder Care**—Kate Riggs—Overview of all the services that are available to seniors and their caregivers, and for those with the same issues.

**Rock n Roll**—Dave Neal—Join Dave as he leads you down memory lane with music, trivia, and anecdotes from 1978 and 1979.

**Social Media 101**—Daniel Ray—Keep in touch with family and friends while staying safe online using Facebook, Instagram, and more.

**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).

**Write Your Life Story**—Francine Juhlin—Everyone has a story! Uncover memories, organize your thoughts, and begin writing the story of your life to pass on to future generations.



A Nonprofit Organization Serving Senior Adults Ages 55+ in Northeast Florida

Office: 2105 Park Avenue, Suite 30, Orange Park, FL 32073

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Email: [info@tscoop.org](mailto:info@tscoop.org)

Website: [www.tscoop.org](http://www.tscoop.org)

## SHEPHERD'S CENTER – SUMMER CLASSES 2025

Mondays – July 7— August 25—No class July 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	<b>Clay County History</b> Vishi Garig Clay Co. Archives	<b>Pop and Rock – '77–'78</b> Dave Neal	<b>Navigating the World of Elder Care</b> Kate Riggs	<b>Watercolor or Acrylics</b> Kris Lesak Reg by 6/30
6204	<b>Write Your Life Story</b> Francine Juhlin	<b>Flower Arranging</b> Ruth Johansen Fee \$10	<b>Flower Arranging</b> Ruth Johansen (Cont. from 10 AM)	<b>How to Use Your iPhone</b> Willy Rothrock and Lindsey Anderson
6205		<b>Knit and Chat</b> Billie Flahive		<b>Chair Yoga</b> Connie Eden
6206		<b>Money Mastery After Retirement</b> Ella Dinkins	<b>Drawing*</b> Kris Lesak	<b>Greeting Cards*</b> Katie Tibbets & Chris Bass Limit 10 Fee \$15 reg by 6/30
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>Line Dancing</b> Hal Hill & LouAnn Simpson	
BALCONY		<b>Pennies from Heaven</b> Game 1 Robin Fabianek	<b>Pennies from Heaven</b> Game 2 Robin Fabianek	<b>Mahjong</b> Linda Henning Alice Gentile

### \* Classes require pre-registration

Interested in a pre-registration class (marked by an asterisk “\*”) ? Please sign up prior to 6/30/2025. 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 6/30/2025 with notification via email.

### Bridge

**Orange Park Presbyterian Church, Tuesday 1:00 – 3:00 P.M. - Reservations required.**

Call Claire Wimmer at 404-358-2015

## SHEPHERD'S CENTER –SUMMMER CLASSES 2025

Thursdays – July 10—August 28

Crossroad Lutheran Church, 5101 Lakeshore Dr. West, Fleming Island

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	<b>Chair Yoga</b> Robin Fabianek
<b>207</b>		<b>Social Media 101</b> Daniel Ray	<b>How to Use Your Android Phone</b> Elizabeth Reed
<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 6/30	<b>Basic Drawing*</b> 2 hour class Pauline Dickson Reg by 6/30	<b>Basic Drawing*</b> continued Pauline Dickson
<b>209</b>		<b>Imaginative Writing</b> Cynthia Hollingsworth	<b>Getting to Know Yourself through Words</b> Marty Mayer
<b>202</b>	A minimum of 4 players registered required for Pennies.	<b>Pennies from Heaven*</b> Game 1 Robin Fabianek	<b>Pennies from Heaven*</b> Game 2 Robin Fabianek
<b>203</b>		<b>Drawing*</b> Kris Lesak Limit 10 reg by 6/30	<b>Drawing*</b> continued Kris Lesak
<b>204</b>		<b>Mahjong</b> Linda Henning	<b>Mahjong</b> 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.

Jul 7	"Safety Tips for Seniors" - Sheriff Michelle Cook, Clay County Sheriff's Office	Pot Roast
Jul 14	"Unknown VA Benefits for Seniors and Their Families" - Joe Solsona, Nat'l Assn of Veterans and Families	Roasted Boneless Pork Chop
Jul 28	"SAVe Our River Grasses Expedition" - Lisa Rinaman, St. Johns Riverkeeper	Salisbury Steak
Aug 4	"How to Reduce Your Electric Bill" - Steve Hollingsworth, Clay Electric Co-op	Hawaiian Pork Tenderloin
Aug 11	"Library News" - Clay County Public Library	Lemon Chicken
Aug 18	"How the Court Operates" - Clay County Clerk of Court and Comptroller Tara S. Green	Meatloaf
Aug 25	Teacher Appreciation Day	Pulled Pork

**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: Diane Hussleton and Nancy Marcet on the passing of their mother, and Ann Sieber on the passing of her son

Get Well: Robin Fabianek, Pat Fiedler, Kathy Graber, Kris Lesak, and Marty Mayer

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**

**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.

**7/16—12:00pm—Lunch at Salsa's Restaurant in Orange Park**

**8/20—12:00pm—Lunch at Kyodai Japanese Restaurant in Orange Park**

***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	Elizabeth Reed, Executive
Ron Gebhard, Vice-Chairman	Ron Gebhard	Kristin Moore
Rose Hawkins, Secretary	Ruth Johansen	Kate Riggs
Chuck Smithers, Treasurer	Carol Klein	Barbara Elliott
		Robyn Voigt, Orange Park
		Methodist Church

**WELCOME TO OUR NEW MEMBERS!**

Kim Anthony	Sarah Colt	Joe Lauricella
Jerri Barnett	Susan Hibdon	Debbie Pfarr
Jeri Benson	Fran Kumbier	Phillip Pfarr
Mary Byers	Victoria Lauricella	

**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 program on Mondays.

**To register for the Summer 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:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_

Any changes above? Circle Yes or No

May we e-mail your SCOOP Newsletter? \_\_\_\_\_

Register for Monday July 7 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**

**Indicate your choice of classes with a ✓ Mark**

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

\_\_ Clay County History  
 \_\_ Write Your Life Story  
 \_\_ Improv For Everyone\*  
 \_\_ Walking to the River

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

\_\_ Pop/Rock  
 \_\_ Flower Arranging \$10  
 \_\_ Knit and Chat  
 \_\_ Money Mastery After Retirement

\_\_ Ukelele\*

\_\_ Movement & Exercise

\_\_ Pennies Game 1

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

\_\_ Navigating Eldercare

\_\_ Drawing

\_\_ Book Club

\_\_ Line Dancing

\_\_ Pennies Game 2

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

\_\_ Watercolors/Acrylics\*

\_\_ How to Use iPhone

\_\_ Greeting Cards\*

\_\_ Chair Yoga

\_\_ MahJong\*

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

\_\_ Bridge Playing

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

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

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

\_\_ Movement & Exercise  
 \_\_ Social Media 101  
 \_\_ Watercolors\* 2 hours  
 \_\_ Basic Drawing\* 2 hours

\_\_ Imaginative Writing

\_\_ Pennies Game 1

\_\_ Drawing\* 2 hours

\_\_ Mahjong

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

\_\_ Chair Yoga

\_\_ How to Use Android phone

\_\_ Getting to Know Yourself / Words

\_\_ Pennies Game 2

\_\_ Mahjong

#### **FUN SQUAD Events**

Payment due upon registration

\_\_ 6/4 Reparation Earth Tour/Picnic \$20

\_\_ 7/16 Lunch at Salsa's Restaurant

\_\_ 8/20 Lunch at Kyodai Japanese Restaurant

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!

## **Individual Contributors**

**February 12, 2025—May 15, 2025**

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

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

Lynn Shad

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

Adam and Cely Serranno  
Patricia Fiedler  
Anne Horsman

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

Jo Anne Byrnes  
Carol Klein  
Connie Eden

### **About the Golden Years Gala**

The Golden Years Gala was held on May 7, 2025, at Sullivan Hall in Orange Park. The Gala honors senior adults who generously volunteer their time in Clay County. The winners for this year are:

Bill Bland—Volunteer Man of the Year

Sheree Martin—Volunteer Woman of the Year

Dave Neal—Shepherd's Center Volunteer of the Year

Jim Layton—Ernie Cohen Lifetime Achievement

Congratulations to these inspiring seniors!

### **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!

## **Golden Years Gala 2025**

### **Title Sponsor (\$5000 +)**



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

Anonymous

Chris and George Bass

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

Clay Eye Physicians and Surgeons

Community Hospice and Palliative Care

Joseph and Victoria Lauricella

SilverLink Consulting

George and Suzanne Tower

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

Brookdale Senior Living of Orange Park

Clay County Senior Adult Advocacy Council

Peggy and Joe Grantham

Haven Hospice

Peggy Hoppin Layton

Dave and Chris Neal

Palagio Senior Living

Mike and Kathy Vallencourt

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

Allegro Living Fleming Island

Assisting Hands South Jacksonville

Bullwinkle's Trailer Repair

Canterfield of Clay County

Andrea Crowder

Home Instead

Ruth Johansen

Life Center Care at Wells Crossing and Orange Park

McAlpin Dental Group

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

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

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