

NEWSLETTER FALL 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.

Acrylics*—Susan Nevinger—Bring your own supplies. **Pre-register by 9/15.**

Aging Mindfully—Sharon Fellows—Stress reduction techniques, movement, nutrition, and other practical tips for a healthy body and mind. For all fitness levels.

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

Art Appreciation—Susan Nevinger—French and American Impressionists, artists who created a radical, new style of painting in the 19th century.

Basic Drawing*—Pauline Dickson—Bring your own supplies and build drawing skills. **Pre-register by 9/15.**

BINGO for Prizes—Janet Peterson, Play BINGO with this lively group. Prizes for every game.

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

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 a current project or learn how to crochet.

Drawing Botanicals*—Kris Lesak—Drawing techniques and practice drawing flowers and plants. No previous experience needed.

Elder Law—Mike Jorgensen—Senior Counsel—Learn about legal issues facing seniors, such as wills, trusts, contracts, and scams/fraud.

English country Dancing—Veronica Lane—Dance in the Regency style of Jane Austen. **No Partner needed. Wear comfortable clothes and shoes. All steps walked through and called.**

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. Good discussion. No writing skills needed.

Greeting Cards—Pat Fiedler, Katie Tibbets, and Chris Bass—Create beautiful cards by hand. \$15 supply fee. Pre-register by 9/15.

Inspirational Discussion—Kris Lesak—Short inspirational readings with questions to prompt discussion.

iPhone—Lindsey Anderson—The basics of how to use your Apple iPhone. Learn tips and tricks. Bring your questions and get answers!

Knit and Chat—Billie Flahive—Bring a project you're working on or learn to knit.

Mah Jongg—Linda Henning on Mondays, Mary Matheson on Thursdays—Tile-based game of skill, strategy, and chance. Players aim to complete specific combinations before their opponents. Beginners welcome!

Movement & Exercise—LouAnn Simpson on Mondays, Michael Saffy 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.

Pennies from Heaven—Robin Fabianek—Play this variation of Canasta. Beginners welcome!

Right-Sizing Your Home—Carrie Fricke—Lighten the load and create calm, comfort, and confidence in your space. Practical ways to transition to a smaller space and manage your home.

Rock n Roll—Dave Neal—Join Dave as he leads you down memory lane with music, trivia, and anecdotes from 1954 and 1980.

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).



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

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

Phone: (904) 269-5315

Email: info@tscoop.org

Website: www.tscoop.org

SHEPHERD'S CENTER – FALL CLASSES 2025

Mondays – September 22—November 17—No class October 13

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	Pop and Rock – 1954 and 1980 Dave Neal	Navigating the World of Elder Care Kate Riggs	Acrylics* Susan Nevinger Reg by 9/15
6204	BINGO for Prizes Janet Peterson Assisted Living Local	Flower Arranging* Ruth Johansen \$10 supply fee		How to Use Your iPhone Lindsey Anderson A Place at Home
6205		Knit and Chat Billie Flahive	Aging Mindfully Sharon Fellows	Chair Yoga Connie Eden
6206		Art Appreciation Susan Nevinger	Inspirational Discussions Kris Lesak	Greeting Cards* Pat Fiedler, Katie Tibbets & Chris Bass Limit 10 \$15 supply fee reg by 9/15
6207		Ukulele Deb Felts	Book Club Marty Mayer	Chair Yoga Connie Eden
GYM	Walking George Tower —— Beginning Tai Chi Gung Virgil Siu	Movement/Exercise LouAnn Simpson	Line Dancing Hal Hill & LouAnn Simpson	English Country Dancing Veronica Lane
BALCONY		Pennies from Heaven Game 1 Robin Fabianek	Pennies from Heaven Game 2 Robin Fabianek	Mahjong Linda Henning Alice Gentile

* Classes require pre-registration

Interested in a pre-registration class (marked by an asterisk “*”) ? Please sign up prior to 9/15/2025. 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 9/15/2025 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 –FALL CLASSES 2025

Thursdays – September 25—November 13

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

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 Android Phone Elizabeth Reed
208 A		Watercolors Instruction* Kris Lesak	Watercolors Paint on Your Own* Kris Lesak
208 B	Crochet Katie Tibbits	Basic Drawing* Pauline Dickson Reg by 9/15	Basic Drawing* continued Pauline Dickson
209			Getting to Know Yourself through Words Marty Mayer
202		Pennies from Heaven* Game 1 Robin Fabianek	Pennies from Heaven* Game 2 Robin Fabianek
203		Drawing Botanicals* Kris Lesak Limit 10 reg by 9/15	Drawing Botanicals* continued Kris Lesak
204		Mah Jongg Mary Matheson	Mah Jongg Mary Matheson

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.

Sep 22	"SCUBA Diving for Senior Adults" - Bob Collins, Divers Supply	BBQ Chicken
Sep 29	"Thriving, Not Just Surviving" - Kristin Moore, The Windsor at Ortega	Salisbury Steak with Gravy
Oct 6	Recycles Band Performance—Big Band music	Hawaiian Pork Tenderloin
Oct 20	"See Well, Live Well" - Dr. Allison Harmel, MD, Clay Eye Physicians and Surgeons	Meatloaf with Gravy
Oct 27	Halloween Party and Costume Contest—Michael Saffy, SilverLink Consulting	Chicken Parmesan
Nov 3	"Driver Safety Course—How to Get a Discount on Your Health Insurance" - Holly Walker, AARP	Pulled Pork
Nov 10	"Engaging People with Dementia" - Francie Paspalaris, Community Hospice and Palliative Care	BBQ Chicken
Nov 17	Teacher Appreciation Day—Micki Francis, Brookdale of Orange Park	Pot Roast

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: Carol French for the passing of her husband William, Nancy Keown for her husband Bob, and Mary Matheson for her grandson Chase and her husband Andy

Get Well: Cathy Akin James, Maria MacLeod

Thinking of You: Jane Burney, Marty Mayer, Dan King, Ruth Johansen

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

10/10—1964 The Tribute— Beatles tribute band performing early Beatles music from the 1964 "British Invasion." At Thrasher-Horne Center. \$20 (regular ticket price is \$47)

10/23—12:00pm—BBQ Lunch—Fundraiser for Clay County Senior Adult Advocacy Council. RSVP by 8/20. Pick up or eat together at Crossroad Lutheran Church. \$10 /\$12

10/27—12pm—Halloween Party and Costume Contest— At our weekly Lunch & Learn. Dress up and win prizes!

11/7—10:00am—Clay County Historic Triangle Tour and Picnic— Clay County Historical Society Museum. Picnic provided. \$15

12/10-2pm—Holiday Party—Fox Valley Event Center \$10

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

WELCOME TO OUR NEW MEMBERS!

Ron Bardnell	Borah Gilpatrick	Nancy Mills	Ann Wilson
Tambria Biasco	Darlene Goodier	Judson Shelnutt	Ron Wilson
Nellie Dudley	Carol Johnson	Martha Shelnutt	
MaryKate Fontneau	Lynn Lisenby	Debbie Smith	

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 Fall 2025 Session by mail, please send this page in with your class selections and include your check.

Monday only \$40.00 _____
 Thursday only \$30.00 _____
 Tuesday (Bridge) only \$30.00 _____
 Monday and Thursday \$60.00 _____
 One time New Member fee \$25.00 _____
 Donation—thank you! \$ _____
Lunch for entire session \$56.00 _____
FUN SQUAD events \$ _____
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 September 22 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 \$40

Tuesday (Bridge) \$30

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 pay at the door 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
 __ Walking

__ Tai Chi Gung

Monday 10:00 A.M.

__ Pop/Rock

__ Flower Arranging \$10

__ Knit and Chat

__ Art Appreciation

__ Ukelele*

__ Movement & Exercise

__ Pennies Game 1

Monday 11:00 A.M.

__ Navigating Eldercare

__ Aging Mindfully

__ Inspirational
 Discussion

__ Book Club

__ Line Dancing

__ Pennies Game 2

Monday 1:15 P.M.

__ Acrylics*

__ How to Use iPhone

__ Greeting Cards*

__ Chair Yoga

__ English Country
 Dancing

__ MahJong*

Tuesday 1:00 P.M.

__ Bridge Playing

Thursday 9:00 A.M.

__ Tai Chi Gung

__ Crochet

Thursday 10:00 A.M.

__ Movement & Exercise

__ Right-Sizing Your
 Home

__ Watercolors* 2 hours

__ Basic Drawing*
 2 hours

__ Pennies Game 1

__ Drawing Botanicals *
 2 hours

__ Mah Jongg

Thursday 11:00 A.M.

__ Chair Yoga

__ How to Use Your
 Android phone

__ Getting to Know
 Yourself / Words

__ Pennies Game 2

__ Mah Jongg

FUN SQUAD Events

Payment due upon
 registration

__ 10/10 1964 The
 Tribute \$20

__ 10/23 BBQ Lunch
 \$10 pork or chicken,
 \$12 combo

__ 11/7 Clay County
 Historical Tour \$15

__ 12/10 Holiday Party
 \$10

**Volunteer
 Opportunities**

Request more info

— P.E.T. Shop at

Retirement Community

__ Clay County Schools

Individual Contributors

May 16, 2025—August 19, 2025

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

Diamond (\$500 +)

Joseph and Victoria Lauricella

Ruby (\$100 +)

Donna Ponder
Melanie Palmrose

Sapphire (\$50 +)

Pearl Boles
Patricia Burr
Patricia Fiedler

With Gratitude 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 appreciate their commitment to our program, senior adults and this community!

***You can make a
difference at SCOOP!***
**Thank you for
considering a
gift of support!**

NEW—Volunteer Opportunities!

Sign up on the Registration Page to get more information about these opportunities

Mobility Worldwide— Calling all those who like construction and painting—Join us in helping fabricate Personal Energy Transports! A P.E.T. is a hand-powered, tricycle-like cart vehicle that gives mobility to a person who has lost the use of their legs. Volunteers make these vehicles and send them around the world. Wednesdays @ 10AM.

Clay County Schools— Connect with the kids of our county. Volunteers will assist elementary school teachers by doing fun tasks like reading aloud to kids or preparing craft activities. Days are flexible.

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



Michael B. Knapp, HAS, ACA, BC-HIS

Hearing Aid Specialist
Audioprosthologist
Board Certified in Hearing Instrument Sciences
President & CEO



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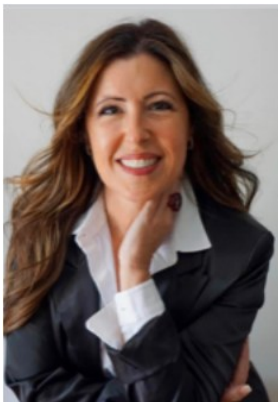


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