

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.

AARP Driver Safety—Holly Walker—Learn how to stay safe on the road and possibly get a discount on your car insurance. Completion certificate is an additional \$20 or \$25 paid directly to AARP.

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

Art Studio*—Kris Lesak—Any media—watercolors, pencils, acrylics, etc. Individual instruction and critique. Beginners welcome. Monday and Thursday options.

Basic Drawing*—Pauline Dickson—Bring your own supplies and build drawing skills. Reg by 3/23.

BINGO for Prizes—Michael Saffy, SilverLink consulting—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.

Communication 101—Ann Doherty—Hardbatt—Listening and responding games and exercises for healthy, positive communication. Min 5, Limit 10 **Reg by 3/23.**

Crochet—Katie Tibbets—Bring a current project or learn how to crochet.

Current Events—Dr. Doug Greenberg and Susan Howard—Non-political discussion of events in the news.

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. Wear comfortable clothes and shoes. No Partner needed.

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 due to teachers. Reg by 3/23.

How to Use Your iPhone—Matt Hardy and Matt Tonsich—Tips and tricks for making the most of your iPhone. Get your questions answered!

Jewelry Workshop—Nancy Keown—2 hour class. Create jewelry. Beginners welcome. \$40 supply fee due to teacher on the first day of class. Limit 13. Reg by 3/17.

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

Living a Positive Life—Kris Lesak—Focus on ways to bring positivity to your days. Lively discussions. A different topic each week.

Mah Jongg—Linda Henning on Mondays, Mary Matheson on Thursdays—Tile-based game of skill and chance. Complete specific combinations before your opponents.

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.

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 manage your home.

Pop and Rock—Dave Neal—Join Dave as he leads you down memory lane with music, trivia, and anecdotes from the 1956-57 and 1982.

Sharp as a Tack: Healthy Brain Lifestyle—Joanne Dufton—Practical lifestyle habits that will help you keep your brain healthy. Learn these habits and add life to your years.

Tai Chi and Tai Chi Gung—Virgil Siu on Mondays, Carol Newbern on Thursdays—This gentle practice integrates flowing movement, breath awareness, and meditation to enhance and promote harmony in mind and body.

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 Songbook).

Walking to the River—George Tower—Meet in the gym and walk inside or out, weather permitting.

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

Phone: (904) 269-5315

Email: info@tscoop.org

Website: www.tscoop.org

SHEPHERD'S CENTER – WINTER CLASSES 2026

Mondays – March 30—May 18 —No class 4/6 (Easter Monday)

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 – 1956-57 and 1982 Dave Neal | Navigating the World of Elder Care Kate Riggs | Art Studio Kris Lesak |
| 6204 | BINGO for Prizes Michael Saffy SilverLink Consulting | Jewelry Workshop* Nancy Keown 2 hour class \$40 supply fee Reg by 3/17 | | How to Use Your iPhone Matt Hardy Matt Tonsich |
| 6205 | Current Events Dr. Doug Greenberg Susan Howard | Knit and Chat Billie Flahive | Sharp as a Tack: Healthy Brain Lifesyle Joanne Dufton | Chair Yoga Connie Eden |
| 6206 | AARP Driver Safety Course Holly Walker | Living a Positive Life Kris Lesak | Communication 101 Ann Doherty- Harbottle Reg by 3/23 | Greeting Cards* Pat Fiedler, Katie Tibbets & Chris Bass Limit 10 \$15 supply fee Reg by 3/23 |
| 6207 | Write Your Life Story Francine Juhlin | Ukulele Deb Felts | Book Club Marty Mayer | Chair Yoga Connie Eden |
| GYM | Walking George Tower ----- Beginning Tai Chi Virgil Siu | Movement/Exercise LouAnn Simpson ----- Pennies from Heaven Game 1 Robin Fabianek | Line Dancing Hal Hill & LouAnn Simpson ----- Pennies from Heaven Game 2 Robin Fabianek | English Country Dancing Veronica Lane ----- Mah Jongg Linda Henning Alice Gentile |

* Classes require pre-registration

Interested in a pre-registration class (marked by *an asterisk "*"*)? Please sign up prior to 3/23/2026. 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 3/23/2026 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 –WINTER CLASSES 2026

Thursdays – April 2—May 21

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 | | Right-Sizing Your Home Carrie Fricke | How to Use Your Android Phone Elizabeth Reed |
| 208 A | | Art Studio* Kris Lesak Limit 10 reg by 3/23 | Art Studio* continued Kris Lesak |
| 208 B | Crochet Katie Tibbits | Basic Drawing* Pauline Dickson Reg by 3/23 | 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 |
| 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 \$8.00 – Reservations required. *The lunch menu may be subject to change*

If you prefer, you are welcome to bring your own lunch.

| | | |
|--------|--|---|
| Mar 30 | “Value Based Care” - Glenn Adams, ArchWell Health | Mexican Seasoned Chicken with Yellow Rice |
| Apr 13 | “Honoring Memories with Poetry” - Ken Boyd, Bardo Poetry | Pulled Pork |
| Apr 20 | “The Golden Surface and the Grimy Truth of America’s Gilded Age” - Bob Scallan, Orange Park History Tours | BBQ Chicken |
| Apr 27 | “The Human Factor: How Standardized Patients Shape Future Physicians” - Jennifer Corbelli, Lincoln Memorial University | Salisbury Steak |
| May 4 | “New Blanding Diamond Intersection and Other DOT Projects” - Jim Knight, Florida Department of Transportation | Seasoned Boneless Pork |
| May 11 | “Caring for the Caregiver” - Francie Paspalaris, Community Hospice and Palliative Care | Chicken Parmesan with Noodles |
| May 18 | Teacher Appreciation Day—Michael Saffy, SilverLink Consulting | Beef Stew with Onions, Carrots, and Gravy |

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: Joseph Lauricella for the passing of his wife Victoria

Get Well: Connie Eden, Karen Gebhard, Cheryl McDavitt, Chris Neal

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

4/15 –10 am Tour of OP Art Guild Gallery and Picnic \$15

We will tour Orange Park's new art gallery at 440 Macintosh Avenue and then have a group picnic nearby at TC Miller pavilion.

5/17—Sense and Sensibility—Play at a Island Theater \$10

Group ticket price for this play adaptation of Jane Austen's Classic Novel, Sense and Sensibility, which follows the Dashwood sisters, Elinor and Marianne, as they navigate love, loss, and financial hardship after their father's death forces them from their home. 1860 Town Hall Cir, Fleming Island

Shepherd's Center Board of Directors

| 2026 Officers: | 2026 Trustees: | Advisory Trustees | |
|----------------------------|-----------------|--------------------|---------------------------|
| Mary Matheson, Chairman | Jennie Bailey | Ruth Johansen | Elizabeth Reed, Executive |
| Ron Gebhard, Vice-Chairman | Andrea Crowder | Kristin Moore | Director |
| Kate Riggs, Secretary | Barbara Elliott | Francie Paspalaris | Robyn Voigt, Orange Park |
| Chuck Smithers, Treasurer | Robin Fabiankek | | Methodist Church |

WELCOME TO OUR NEW MEMBERS!

| | | | |
|---------------|------------------|------------------|-------------------|
| Harley Bogley | Marcia Gwinn | Gloria Muenzmay | John Purcell |
| David Boyer | Joan Hakala | Gene Newton | Stephanie Purcell |
| Ruth Boyer | Jeff Hilton | Linda Newton | Joanne Randall |
| Anne Clayton | Cindy Krulick | Diane North | Brenda Restivo |
| Mary Dinan | Tamara Maeder | Sherema Oriol | Christine Romano |
| Laura Evans | Chris May | Sharon Palmatier | Bonnie Showman |
| Jeanette Frye | Jacqueline Moody | Louise Partyka | Linda Stewart |
| Everett Frye | Pamela Morgan | Savannah Pipkins | John White |
| | | Lee Purcell | Kim Wiggins |

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 Spring 2026 Session by mail, please send this page in with your class selections and include your check.

| | |
|---------------------------------|----------------------|
| Monday Pass only | \$40.00 _____ |
| Thursday Pass only | \$30.00 _____ |
| Tuesday (Bridge) only | \$30.00 _____ |
| Monday and Thursday Pass | \$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

Register for Monday March 30 lunch: Circle Yes or No

| Office use only | |
|----------------------------|----------------------------|
| Amount paid \$ | _____ |
| Method: Check # | _____ Cash CC (circle one) |
| Date | _____ |
| Classes Entered in New Org | _____ (date and initials) |
| Fees 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 -reservation required | \$8 |



As a courtesy to your instructors for planning,
PLEASE PRE-REGISTER FOR YOUR CLASSES! You may pay at the door on the first day of classes. We can't wait to see you!
Mary Matheson and The Board of Directors

Indicate your choice of classes with a ✓ mark

Monday 9:00 A.M.

- Elder Law
- Elder Law via Zoom
- BINGO for Prizes
- Current Events
- AARP Driver Safety
- Write Your Life Story
- Walking
- Beginner Tai Chi

Monday 10:00 A.M.

- Pop and Rock
- Jewelry Workshop \$40 paid to teacher on 1st day
- Knit and Chat
- Living a Positive Life
- Ukelele*
- Movement & Exercise
- Pennies Game 1

Monday 11:00 A.M.

- Navigating Eldercare
- Sharp as a Tack: Healthy Brain Lifestyle
- Communication 101
- Book Club
- Line Dancing
- Pennies Game 2

Monday 1:15 P.M.

- Art Studio*
- How to Use Your iPhone
- Greeting Cards* \$15 supply fee paid to teacher
- 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
- Art Studio* 2 hrs
- Basic Drawing* 2 hrs
- Pennies Game 1
- Mah Jongg

Thursday 11:00 A.M.

- Chair Yoga
- How to Use Your Android phone
- Getting to Know Yourself through Words
- Pennies Game 2

FUN SQUAD Events

Payment due upon registration

4/15 10 am—Tour Orange Park Art Guild Gallery and enjoy a Picnic \$15

5/17 2 pm—See the play "Sense & Sensibility" at Island Theatre in Fleming Island \$10

Volunteer Opportunities

Request more info

- Clay County Schools
- Shepherd's Center office, setup, photos, and more!

Individual Contributors

November 15—February 24

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

Emerald (\$250 +)

Joseph Lauricella
Rick and Susan Nevinger

Ruby (\$100 +)

Joan Bazley
Madeline Beckwith*
Mary Kate Fontneau
Christy Fitzgerald*
Maria MacLeod
Mary Matheson
Sally McDonald
Dave Neal
Melanie Palmrose
Donna Ponder
Nancy Preston
Maureen Preta
Katie Tibbits

Sapphire (\$50 +)

Richard Bultman
Virginia Calkins
Dottie Cerrone
Margaret Chaphe
Diane Diamantis
Barbara Elliott
Doug Fiedler
Pat Fiedler*
Jackie Golay
Kathy Haeussner*
Maureen Preta

* In memory of Susan Stobe, long time member and supporter of the Shepherd's Center of Orange Park

Volunteer Opportunities!

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

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

Shepherd's Center of Orange Park— Volunteer positions include setup/breakdown at both locations, office work, teaching, social media, photography, technology, Lunch & Learn setup, and more!

**Announcing the 2026 Golden Years Gala
Presented by SilverLink Consulting**

Honoring senior adult volunteers in Clay County

May 13, 2026, 8:30 am

Sullivan Hall

* Volunteer Awards * Live and Silent Auction *

Breakfast catered by Our Greek Corner

Tickets \$50 * Sponsorships available

A very special thank you to our

Adventures in Learning Sponsors:

**SILVER LINK CONSULTING, ARCHWELL HEALTH,
PALAGIO SENIOR LIVING, &**

**COMMUNITY HOSPICE and PALLATIVE CARE OF
NORTHEAST FLORIDA**

You can make a difference at SCOOP!

Thank you for considering a gift of support!

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: _____

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

New Way Hearing
 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



SENIOR COUNSEL
 Attorneys at Law

Mike Jorgensen, JD, LL.M

Office | 904.619.8890
 Cell (Text Only) | 904.994.7231
 Fax | 904.683.8250

mjorgensen@seniorcounselaw.com
www.seniorcounselaw.com

2318 PARK STREET
 JACKSONVILLE, FL 32204





Rob Loryea
 Medicare Specialist
 rloryea.bradshawinsurance@gmail.com

2716 Oak St., Unit #5, Jacksonville, FL 32205
 FL Lic.: W777483

(980) 207-4583

WE RESTORE AND DIGITIZE OLD & DAMAGED MEDIA




20% OFF*
 *WHEN YOU MENTION THIS AD

HOME VIDEO STUDIO®
 Green Cove Springs

3 TIME WINNER - BEST OF CLAY

HomeVideoStudioGCS.com · 904-736-6794



MOBILITY CITY
 WE FIX WHEELCHAIRS, SCOOTERS & MORE!

Quality Repairs to Get You Going Again!

Rentals & Sales
 Provider of Mobility Equipment and Products Including Wheelchairs, Hospital Beds, Scooters, Walkers, Lift Chairs, Power Chairs, Vehicle Lifts, and More!



904-559-1191
 WE COME TO YOU...CALL US

Lease to Own Options Available

6000 Lake Gray Boulevard • Jacksonville, FL • 904-320-0224 • mobilitycity.com

New! Transportation Program for Members

We offer transportation to and from our Adventures in Learning classes! An Uber to pick you up and bring you to either SCOOP location, and then return you home after your classes. We ask that you make a donation of \$2 per one-way trip to defray part of the Uber expense. To enroll in the Transportation Program, call the office at 904-269-5315, or send an email to info@tscoop.org.




Let Janet Help You Find Your Ideal Assisted Living Space!

AssistedLivingLocal.net ♥ 904-469-1042

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!



A nonprofit community service organization for adults 55+ in NE Florida
 2105 Park Avenue, Suite 30 – Orange Park, FL 32073

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

A VERY BIG THANK YOU TO OUR ADVENTURES IN LEARNING SPONSORS!!

Ashley Robinson
 Sales & Marketing Director

o: 904.639.4700
 c: 904.955.9488
 f: 904.644.8568

marketingdirector@palagioseniorliving.com
 www.palagioseniorliving.com

1525 Kingsley Avenue, Orange Park, FL 32073

Now, adults age 60+ in Jacksonville have a better choice in primary care.



Glenn Adams
 Member Consultant

Glenn.Adams@archwellhealth.com
 M 904.228.2724

Jacksonville Market
 Multiple Locations



Carlos Rodriguez
 Member Consultant

Carlos.Rodriguez@archwellhealth.com
 M 904.898.4045

Jacksonville and Orange Park
 Multiple Locations



Call, Email, or go online to schedule a FREE Consultation:
 www.SilverLinkConsulting.com
 904-629-7805
 Inquiry@SilverLinkConsulting.com

SilverLink Consulting is a FREE Resource for Families:
 Helping Seniors and Their Families Navigate

- Assisted Living Home and Communities
- Alzheimer's and Memory Care
- Residential Care Homes
- In-Home Care
- Independent Living Senior Apartments
- Continuing Care Retirement Communities

Community
 Hospice & Palliative Care®
 Your Compassionate Guide

Community focused & supported
 Serving Clay County with Compassion Since 1979

904.268.5200 • CommunityHospice.com