

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 – SPRING 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 –SPRING 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: _____

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!

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





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 Fax: (904) 644-8737
 Cell: (727) 255-4858
 Michael.Knapp@NewWayHearingAids.com
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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.




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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

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

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SilverLink Consulting is a FREE Resource for Families:
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