

NEWSLETTER SUMMER SESSION 2026

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.

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

Basic Drawing*—Pauline Dickson—Bring your own supplies and build drawing skills. Reg by 6/30.

Beginning Sign Language—Mary Kate Fontneau—Learn basic signs in order to communicate with people who are hearing impaired.

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—TBA Mondays, Robin Fabianek on Thursdays—Strength, flexibility, breathing, and balance through gentle yoga exercises for all levels.

Clay County History—Vishi Garig, Clay County Archivist— Discuss the history of our local community through artifacts and images.

Communication 101 and Beyond—Ann Doherty-Hardbattle— Listening and responding games and exercises for healthy, positive communication. Min 5, Limit 10 Reg by 6/30.

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.

English Country Dancing—Veronica Lane— Dance in the Regency style of Jane Austen. Wear comfortable clothes and shoes. No Partner needed. Come for the first hour if that's all that fits your schedule.

Flower Arranging – Ruth Johansen—Bring your own flowers and learn a new arrangement style each week. \$10 supply fee due to teacher for greenery & containers. Reg by 6/30.

Greeting Cards*—Pat Fiedler, Katie Tibbets, and Chris Bass— Create beautiful cards by hand. \$15 supply fee due to teachers. Reg by 6/30.

Imaginative Writing—Cynthia Hollingsworth— Set your imagination free with squiggles, fun props, and your creativity.

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, TBA on Thursdays— Light weights and gentle exercises, set to music. Have fun while staying fit!

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

Reflecting on Words—Marty Mayer – discuss individual words for their deeper (hidden) meanings, emotional impacts and contexts; learn about yourself as an individual and member of a community.

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 1957-58 and 1983.

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.

Start Your Family Tree—Begin the research on your ancestors. Start with your parents and go from there!

Tai Chi and Tai Chi Gung— Virgil Siu on Mondays, Carol Newbern on Thursdays—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 – SUMMER CLASSES 2026

Mondays – July 6—August 24 —No class July 20

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	Clay County History Vishi Garig Clay County Archives	Pop and Rock – 1957-58 and 1982 Dave Neal	Current Events Dr. Doug Greenberg Susan Howard	Art Studio Kris Lesak
6204	BINGO for Prizes Michael Saffy SilverLink Consulting	Flower Arranging Ruth Johansen \$10 supply fee Reg by 6/30		
6205		Knit and Chat Billie Flahive	Sharp as a Tack: Healthy Brain Lifestyle Joanne Dufton	Chair Yoga
6206		Living a Positive Life Kris Lesak	Communication 101 & Beyond Ann Doherty-Harbottle Reg by 6/30	Greeting Cards* Katie Tibbets & Chris Bass Limit 10 \$15 supply fee Reg by 6/30
6207	Write Your Life Story Francine Juhlin	Ukulele Deb Felts	Book Club Marty Mayer	Chair Yoga
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 6/30/2026. 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 6/30/2026 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 – SUMMER CLASSES 2026

Thursdays – July 9—August 27

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 TBA	Chair Yoga Robin Fabianek
207	Beginning Sign Language Mary Kate Fontneau	Right-Sizing Your Home Carrie Fricke	Imaginative Writing Cynthia Hollingsworth
208 A		Art Studio* Kris Lesak Limit 10 reg by 6/30	Art Studio* continued Kris Lesak
208 B	Crochet Katie Tibbits	Basic Drawing* Pauline Dickson Reg by 6/30	Basic Drawing* continued Pauline Dickson
209		Start Your Family Tree Vicki Kelly	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.

Jul 6	"Caring for the Caregiver" - Francie Paspalaris, Community Hospice and Palliative Care	Pot Roast
Ju 13	"Prepare Your Garden for Hurricane Season" - Marilyn Young, UF/IFAS Extension Clay County	Seasoned Boneless Pork
Jul 27	"Doc Talk" - Archwell Health	Salisbury Steak
Aug 3	"Right-Sizing Your Stuff" - Carrie Fricke, Simply Synced	Hawaiian Pork Tenderloin
Aug 10	"Preserving Memories" - Cheryl Kennedy, Home Video Studio	Mexican Seasoned Chicken
Aug 17	"Rain Garden Design" - Marilyn Young, UF/IFAS Extension Clay County	Meat Loaf with Gravy
Aug 24	Teacher Appreciation Day—Michael Saffy, SilverLink Consulting	Pulled Pork

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: Marilyn Whiddon on the passing of her sister Liz Keating, Andrea Crowder on the passing of her son

Get Well: Bonnie Showman

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

7/29 10 am - Painting Party

Join us for a fun painting party at Craftinest (formerly Crafting at the Nest) 1580 Wells Rd #9 in Orange Park.

8/12 Noon - Lunch at Palermo

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	Francie Paspalaris Director
Kate Riggs, Secretary	Barbara Elliott	Brian Peterson Robyn Voigt, Orange Park
Chuck Smithers, Treasurer	Robin Fabiankek	Methodist Church

WELCOME TO OUR NEW MEMBERS!

Dorothy Adair	Joanne Dufton	Tom Lizenby	Dianne Samonas
Sherri Bankston	Arlene Finney	LuAnn McKernan	Owen Shaffer
Diane Bauknight	Wendy Garcia	Camilla Morris	Betty Sullivan
Anna Clements	James Gutru	Russell Moses	Michael Terry
Diane Crozier	Karla Harrell	Becky and Ken Ogden	Linda Thompkins
David Dial	Pat Howard	Bob and Carol Papuga	Donald and Ginny Vicarelli
Carole Dorsey	Tamara Huggins	Helen Reid	Mary Vinson
	Sue Jurewicz	Bernice Sabo	

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.

Summer Session 2026

Mondays – July 6 –August 24
No class July 20
Thursdays – July 9—August 27



To register for the Summer 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 <u>and</u> 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, July 6 lunch: Circle Yes or No

Monday Lunch & Learn: \$8 Reservation Required, pay in advance or at the door

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)

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.

- Clay County History
- BINGO for Prizes
- Write Your Life Story
- Walking to the River
- Beginner Tai Chi

Monday 10:00 A.M.

- Pop and Rock
- Flower Arranging*
- Knit and Chat
- Living a Positive Life
- Ukelele*
- Movement & Exercise
- Pennies Game 1

Monday 11:00 A.M.

- Current Events
- Sharp as a Tack: Healthy Brain Lifestyle
- Communication 101 and Beyond*
- Book Club
- Line Dancing
- Pennies Game 2

Monday 1:15 P.M.

- Art Studio*
- 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
- Beginning Sign Language
- Crochet

Thursday 10:00 A.M.

- Movement & Exercise
- Right-Sizing Your Home
- Art Studio* 2 hrs
- Basic Drawing* 2 hrs
- Start Your Family Tree
- Pennies Game 1
- Mah Jongg

Thursday 11:00 A.M.

- Chair Yoga
- Imaginative Writing
- Reflecting on Words
- Pennies Game 2

FUN SQUAD Events

Payment due upon registration

7/29 10 am—
Painting Party at
Craftinest \$25

8/12 Noon— Lunch
at Palermo Puerto
Rican Kitchen, 556
Kingsley Ave, Pay your
own way

Volunteer Opportunities

Request more info
 Clay County Schools
 Shepherd’s Center
office, setup, photos,
and more!

Individual Contributors

February 25-May 21

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

Emerald (\$250 +)

Mary Matheson
Carolyn Humphrey

Ruby (\$100 +)

Jennie Bailey
Barbara Elliott
Pat Fiedler
Liz Keating
Katie Tibbits

Sapphire (\$50 +)

Anne Burke
Barbara Elliott
Christy Fitzgerald
Elaine Gracci
Andrea Hernandez

Shepherd's Center of Orange Park Receives 2026 Community Service Award From Reinhold Foundataion

We're proud to share that SCOOP has once again received the award for outstanding work in Senior Citizen Services! Thank you for being part of a community that values lifelong learning, friendship, and staying active and engaged.

Our goal has always been to provide high-quality classes and experiences at an affordable price. In fact, SCOOP has not increased registration fees since 2013. During that time, cumulative inflation has risen by approximately 43%.

To help ensure that SCOOP can continue offering excellent programs while remaining fiscally responsible, the SCOOP Board of Directors voted at the 2nd Quarter 2026 board meeting to implement a modest \$10 increase in registration fees beginning with the Fall 2026 Session.

The new registration fees per session will be: Orange Park \$50, Fleming Island \$40, and Both Locations: \$70. The new member fee will remain the same at \$25.

Even with this adjustment, SCOOP continues to offer tremendous value. For example, a single one-hour yoga class in Fleming Island can cost \$20, while continuing education programs at UNF have an annual fee of \$50 plus additional fees of \$45-\$50 per class.

If you take 7 classes at SCOOP for an 8 week session, the per class fee amounts to only \$2.38 per class hour!

We remain committed to keeping SCOOP affordable, welcoming, and enriching for our members, and we're so grateful for your continued partnership.

**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!



Orange Park Clinic
1494 Park Avenue
Orange Park, FL 32073

Office: (904) 644-8779
Fax: (904) 644-8737
Cell: (727) 255-4011
Linda.Knapp@NewWayHearingAids.com

www.NewWayHearingAids.com

Linda S. Knapp, HAS
Hearing Aid Specialist
Vice President - Operations



SENIOR COUNSEL
Attorneys at Law

Mike Jorgensen, JD, LL.M

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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

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.

Make 55+ the Best Time of Your Life!
Enjoy life! Engage in learning!

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!!

Ashley Robinson
 Sales & Marketing Director

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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.

ArchWell Health centers can be found in convenient locations across Jacksonville, Florida. Center hours are 8 a.m.-5 p.m. Monday through Friday.

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:
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 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
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- Residential Care Homes
- In-Home Care
- Independent Living Senior Apartments
- Continuing Care Retirement Communities

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