

**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.

**Acrylic Painting** — Susan Nevinger  
— Bring your own supplies.

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

**Art Appreciation**— Susan Nevinger  
— Learn about American Art, from Puritan to Pop.

**Basic Drawing**—Pauline Dickson—  
Bring your own supplies and build drawing skills.

**BINGO for Prizes**—Lee Purcell -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 Mondays, Robin Fabianek on Thursdays—  
Strength, flexibility, breathing, and balance through gentle yoga exercises for all levels.

**Communication 101 and Beyond**—  
Ann Doherty-Hardbatt— Listening and responding games and exercises for healthy, positive communication. Min 5, Max 10

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

**Elder Law**—Mike Jorgensen, Senior Counsel— Learn about legal topics that affect seniors. In person or Zoom.

**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.

**Food Scaping**— Marilyn Young, UF/IFAS Clay County Extension—Add edible plants to your yard. Container gardens, vegetables, herbs, fruit trees, and more taught by master gardeners.

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

**How to Use Your Phone**— iPhone with Essie Mwangi Mondays, Android Phone with Elizabeth Reed Thursdays—Learn tips and tricks to make the most of your cell phone.

**Jewelry Making**—Nancy Keown— 2 hour class, class limit 13, **\$45 supply fee** paid to Nancy. Beginners welcome. A detailed supplies list will be emailed upon registration. **Pre-reg by 9/7.**

**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 discussion.

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

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

**Orange Park History**—Orange Park Historical Society— Learn the history of Orange Park with local experts.

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

**Reflecting on Words**—Marty Mayer — discuss individual words for their deeper meanings, emotional impacts and contexts.

**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 travel down memory lane with music, trivia, and anecdotes.

**Stay Sharp and Age Mindfully**— Joanne Dufton and Sharon Fellows— Practical lifestyle habits that will help you keep your brain healthy and your mind peaceful.

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

**Beginning 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).

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

## SHEPHERD'S CENTER – FALL CLASSES 2026

Mondays – September 21—November 16 —No class October 12

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>Elder Law</b><br>Mike Jorgensen<br>Senior Counsel<br>In person or Zoom | <b>Pop and Rock –<br/>1957-58 and 1983</b><br>Dave Neal                                                        | <b>Current Events</b><br>Dr. Doug Greenberg                                                                             | <b>Acrylic Painting</b><br>Susan Nevinger                                                                       |
| 6204    | <b>BINGO for Prizes</b><br>Lee Purcell                                    | <b>Jewelry Making</b><br>Nancy Keown<br>2 hr class<br>\$45 supply fee/Reg by<br>9/7                            | <b>Jewelry Making</b><br>(continued)                                                                                    | <b>How to Use Your<br/>iPhone</b><br>Essie Mwangi                                                               |
| 6205    | <b>Food Scaping<br/>Your Yard</b><br>Marilyn Young<br>UF/IFAS Ext         | <b>Knit and Chat</b><br>Billie Flahive                                                                         | <b>Stay Sharp and<br/>Age Mindfully</b><br>Joanne Dufton<br>Sharon Fellows                                              | <b>Chair Yoga</b>                                                                                               |
| 6206    | <b>Orange Park<br/>History</b><br>OP Historical<br>Society                | <b>Art Appreciation</b><br>Susan Nevinger                                                                      | <b>Communication<br/>101 &amp; Beyond</b><br>Ann Doherty-<br>Harbottle                                                  | <b>Greeting Cards</b><br>Katie Tibbets &<br>Chris Bass Limit 10<br>\$15 supply fee<br>Reg by 9/14               |
| 6207    | <b>Write Your Life<br/>Story</b><br>Francine Juhlin                       | <b>Ukulele</b><br>Deb Felts                                                                                    | <b>Book Club</b><br>Marty Mayer                                                                                         | <b>Chair Yoga</b><br>Connie Eden                                                                                |
| GYM     | <b>Beginning Tai Chi</b><br>Virgil Siu                                    | <b>Movement/Exercise</b><br>LouAnn Simpson<br>——<br><b>Pennies from<br/>Heaven</b><br>Game 1<br>Robin Fabianek | <b>Line Dancing</b><br>Hal Hill &<br>LouAnn Simpson<br>——<br><b>Pennies from<br/>Heaven</b><br>Game 2<br>Robin Fabianek | <b>English Country<br/>Dancing</b><br>Veronica Lane<br>——<br><b>Mah Jongg</b><br>Linda Henning<br>Alice Gentile |
| Balcony |                                                                           | <b>Living a Positive Life</b><br>Kris Lesak                                                                    |                                                                                                                         | <b>Art Studio</b><br>Kris Lesak                                                                                 |

### 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 2026

Thursdays – September 24–November 12

Crossroad Lutheran Church, 5101 Lakeshore Drive 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><br>Carol Newbern | <b>Movement and Exercise</b><br>Mailee Patrick         | <b>Chair Yoga</b><br>Robin Fabianek                    |
| <b>207</b>        |                                                | <b>Right-Sizing Your Home</b><br>Carrie Fricke         | <b>How to Use Your Android Phone</b><br>Elizabeth Reed |
| <b>208 A</b>      |                                                | <b>Art Studio</b><br>Kris Lesak                        | <b>Art Studio</b><br>continued<br>Kris Lesak           |
| <b>208 B</b>      |                                                | <b>Basic Drawing</b><br>Pauline Dickson                | <b>Basic Drawing* continued</b><br>Pauline Dickson     |
| <b>209</b>        |                                                | <b>Start Your Family Tree</b><br>Vicki Kelly           | <b>Reflecting on Words</b><br>Marty Mayer              |
| <b>202</b>        |                                                | <b>Pennies from Heaven</b><br>Game 1<br>Robin Fabianek | <b>Pennies from Heaven</b><br>Game 2<br>Robin Fabianek |
| <b>204</b>        |                                                | <b>Mah Jongg</b><br>Mary Matheson                      | <b>Mah Jongg</b><br>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 per week, or for your convenience, prepay for entire session \$64.00**

***The lunch menu may be subject to change***

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

|        |                                                                                       |                          |
|--------|---------------------------------------------------------------------------------------|--------------------------|
| Sep 21 | "Election Information" - Chris Chambliss, Clay County Supervisor of Elections         | BBQ Chicken              |
| Sep 28 | "Strength and Longevity" - Elizabeth Fell, EmpowerHer Fitness                         | Salisbury Steak          |
| Oct 5  | Recycles Community Band Performance                                                   | Pulled Pork              |
| Oct 19 | "Scam Smart" - Ella Dinkins, UF/IFAS Extension Clay County                            | Meat Loaf with Gravy     |
| Oct 26 | Halloween Party and Costume Contest— Emcee Michael Saffy, SilverLink Consulting       | Chicken Parmesan         |
| Nov 2  | "Senior Eye Care Solutions" - Dr. Gabrielle Cintron, Clay Eye Physicians and Surgeons | Hawaiian Pork Tenderloin |
| Nov 9  | "Kairos Outside" - Vicky Banks                                                        | BBQ Chicken              |
| Nov 16 | Teacher Appreciation Day—Michael Saffy, SilverLink Consulting                         | Pot Roast                |

**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: Cheryl Meyer on the passing of her mother in law Karin Meyer

Congratulations: Mary Matheson for the birth of her granddaughter

Get Well: Linda Thompkins

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**

**9/30 - Noon—Lunch at Dalton's Sports Grill - Pay your own way**

Meet your friends from SCOOP at this unique restaurant. Voted the Best Traditional American Restaurant in Green Cove Springs. 2808 Henley Rd, Green Cove Springs

**10/15 -6 pm cocktail hour, 7:30 show —Calendar Girls Benefit Performance—**

Orange Park Community Theatre— Cash bar, hors d'oeuvres, and a hilarious play! *Calendar Girls* is based on the true story of a group of middle-aged women in a Yorkshire village who pose nude for a traditional calendar to raise money for cancer research. 2900 Moody Avenue, Orange Park. \$50 per person, proceeds benefit the Shepherd's Center of Orange Park

**10/26—Noon - Halloween Party / Costume Contest—**At our weekly Lunch & Learn.

Dress up and win prizes! Categories: Funniest , Best Group , Best Historical Character

**12/9-2pm—Holiday Party—**Food, fun, and friends! Celebrate the holidays together. Fox

Valley Event Center, 150 Fox Valley Rd, Orange Park \$10

**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!**

|                 |                   |                |
|-----------------|-------------------|----------------|
| Earl Barnhart   | Sheri Freshour    | Christine Neal |
| Richard Chapman | George Gilpatrick | John Nelson    |
| Donna Foster    | Linda Holmes      | Tom Potter     |
| Travis Foster   | Rebecca Matheny   |                |

**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.

## Fall Session 2026

Mondays – September 21—November 12

No class October 12

Thursdays – September 24—November 12

**To register for the Fall 2026 Session by mail, please send this page in with your class selections and include your check.**

|                                 |         |       |
|---------------------------------|---------|-------|
| Monday Pass only                | \$50.00 | _____ |
| Thursday Pass only              | \$40.00 | _____ |
| Tuesday (Bridge) only           | \$40.00 | _____ |
| Monday <u>and</u> Thursday Pass | \$70.00 | _____ |
| One time New Member fee         | \$25.00 | _____ |
| Donation—thank you!             | \$      | _____ |
| <b>Lunch for entire session</b> | \$64.00 | _____ |
| <b>FUN SQUAD events</b>         | \$      | _____ |
| <b>Total</b>                    | \$      | _____ |

**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, Sept 21 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.

\_\_\_ Elder Law  
\_\_\_ Elder Law Zoom  
\_\_\_ BINGO for Prizes  
\_\_\_ Food Scaping  
\_\_\_ Orange Park History  
\_\_\_ Write Your Life Story  
\_\_\_ Beginning Tai Chi

### Monday 9:00 A.M.

\_\_\_ Pop and Rock  
\_\_\_ Jewelry Making \$45 supply fee due to teacher  
\_\_\_ Knit and Chat  
\_\_\_ Art Appreciation  
\_\_\_ Ukulele  
\_\_\_ Movement & Exercise  
\_\_\_ Pennies from Heaven

\_\_\_ Living a Positive Life

### Monday 11:00 A.M.

\_\_\_ Current Events  
\_\_\_ Stay Sharp and Age Mindfully  
\_\_\_ Communication 101 and Beyond

\_\_\_ Book Club

\_\_\_ Line Dancing

\_\_\_ Pennies from Heaven

### Monday 1:00 P.M.

\_\_\_ Acrylic Painting  
\_\_\_ How to Use Your iPhone  
\_\_\_ Chair Yoga  
\_\_\_ Greeting Cards \$15 supply fee to teachers  
\_\_\_ English Country Dancing

\_\_\_ Mah Jongg

### Tuesday 1:00 P.M.

### Thursday 9:00 A.M.

\_\_\_ Tai Chi Gung

### Thursday 10:00 A.M.

\_\_\_ Movement & Exercise  
\_\_\_ Right-Sizing Your Home  
\_\_\_ Art Studio  
\_\_\_ Basic Drawing  
\_\_\_ Start Your Family Tree  
\_\_\_ Pennies from Heaven

\_\_\_ Mah Jongg

### Thursday 11:00 A.M.

\_\_\_ Chair Yoga  
\_\_\_ How to Use Your Android Phone  
\_\_\_ Reflecting on Words  
\_\_\_ Pennies Game 2

### FUN SQUAD EVENTS

Payment due upon registration

\_\_\_ 9/30 Noon Lunch at Daltons– Pay your own way

\_\_\_ 10/15 6 PM Calendar Girls at OP Community Theatre Benefit Performance \$50

\_\_\_ 12/9 2 PM Holiday Party \$10

### Volunteer Opportunities

Request more info

\_\_\_ Clay County Schools

\_\_\_ Shepherd's Center office, setup, photos, and more!

## **Individual Contributors**

May22—August 18

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

**Diamond (\$500 +)**  
Joseph Lauricella

**Emerald (\$250 +)**  
Jo Anne Byrns

**Ruby (\$100 +)**  
Katie Tibbits

**Sapphire (\$50 +)**  
Richard Bullman  
Christy Fitzgerald

**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  
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## **Fee Increase Notice**

We're proud to share that SCOOP has once again received the Reinhold Foundation 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.

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

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!



### Linda Knapp, HAS

Hearing Aid Specialist

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**(904) 644-8779**

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[www.HearAgainAmerica.com](http://www.HearAgainAmerica.com)



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Attorneys at Law

Mike Jorgensen, JD, LL.M

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mjorgensen@seniorcounselaw.com

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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](mailto: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!



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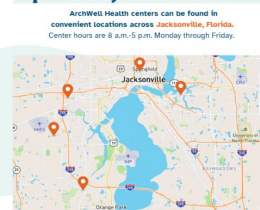
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