

Classes—
Intellectually & Spiritually Stimulating

Sessions are held in February, April, August and October. Each session consists of four Fridays that month, from 8:30—1:00.

A popular class through the years has been Kevin McFarland's class on News & Views, a current events discussion.



Classes are offered in the areas of religion, the arts, health, community, people & places, library wisdom and back by popular demand. People register to attend their choice of two classes each Friday from the eight that are offered.

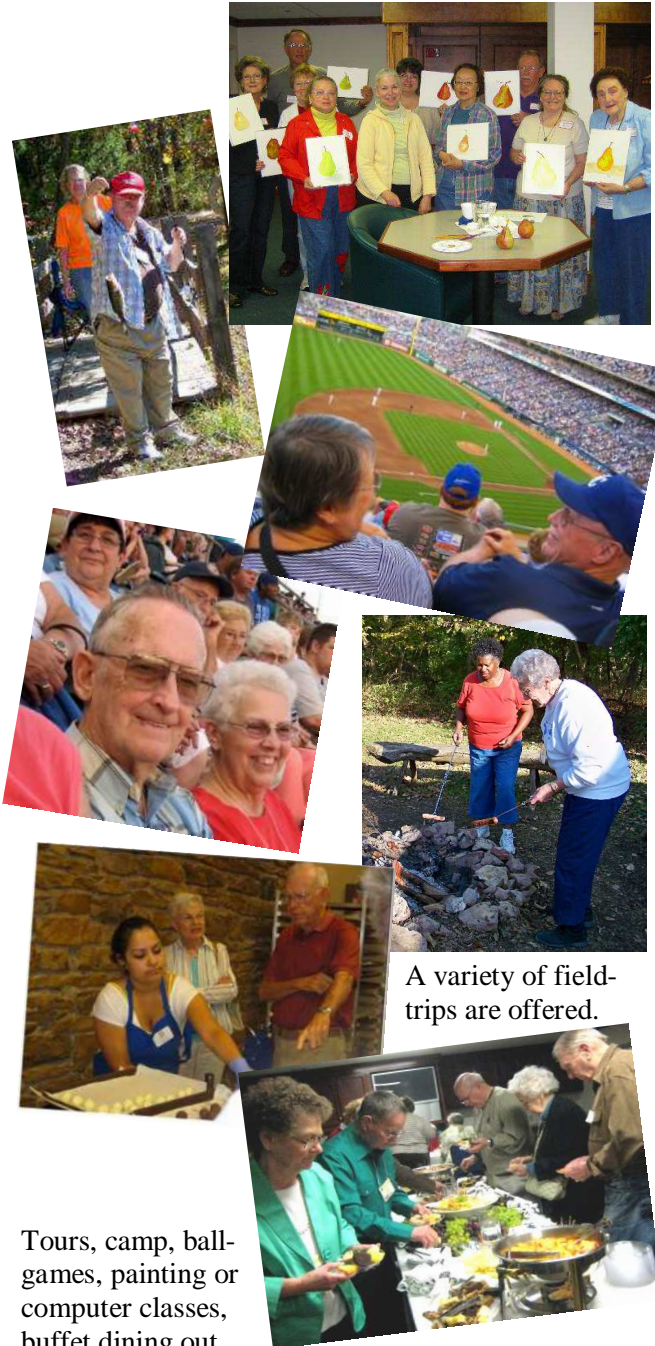
Many speakers are doctors, lawyers, professors, pastors and other professionals who donate time.

The cost per session is \$25 (covers all four Fridays) - including lunch! However, if there is still a financial need, scholarships are available.



Some of the best talent in Kansas has blessed us with a musical performance from 11:40—12:10 in the First Baptist Sanctuary. We enjoy soloists, pianists, bands, ensembles and more! It is impossible to not be enriched spiritually by these wonderful performers.

Fieldtrips & Activities—
Sponsored by Community Partners



A variety of fieldtrips are offered.

Tours, camp, ball-games, painting or computer classes, buffet dining out.

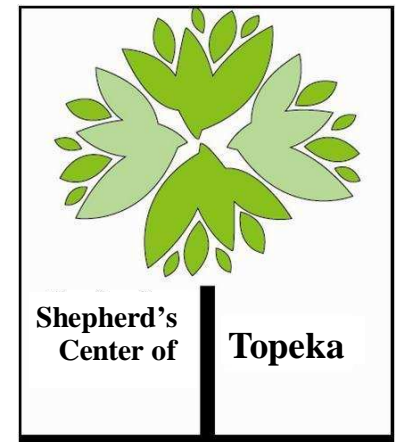
SHEPHERD'S CENTER TOPEKA

Ministry providing classes and fieldtrips for adults 55 & older

www.shepherdscentertopeka.org



Affiliate of Shepherd's Center of America



Sponsored by 28 Congregations

15 Community Partners

Hosted at First Baptist Church

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Adventures

~ in ~

Learning

Focus on Fitness



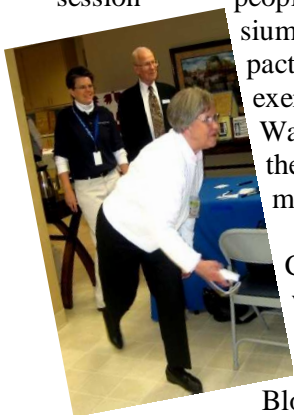
Exercise instructors donate time to provide a 30-minute class before sedentary classes begin. The first thirty minutes of each Friday in session

people can go to the gymnasium to learn Tai Chi, low impact aerobics, basic stretching exercises, even belly dance.

Walkers use the perimeter of the gym as a course to accumulate distance walking.

Community partners provide healthcare information outside of the gym.

Blood pressure checks and other health screenings are often available.



Socializing



Visiting and meeting new people is an important component. SCT is fortunate to also have plenty of good food donated by community partners.



Name tags assist people in getting acquainted.



Volunteering

We believe that the more a person gives back to the Shepherd's Center, the more fulfillment they receive from participating. SCT is **YOUR** ministry. Every aspect of putting on an "Adventures in Learning" session is done by our volunteers. In which area would you enjoy serving?



Hospitality



Registration/Newsletter

Facility Management

Chaplain



Program Planning



Board of Directors

