

**Sponsoring Congregations**

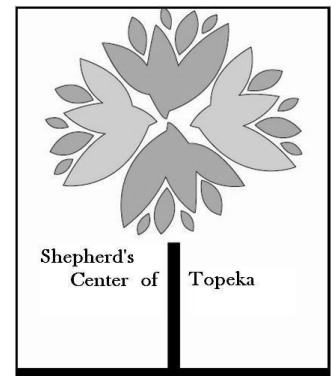
- Brookwood Covenant
- Central Congregational
- Countryside UMC
- Crestview UMC
- Faith Lutheran
- Fairlawn Nazarene
- First Baptist
- First Congregational
- First Christian
- First Lutheran
- First Presbyterian
- First United Methodist
- Grace Episcopal Cathedral
- Grace UMC
- Lowman UMC
- Most Pure Heart of Mary
- Our Savior's Lutheran
- Prince of Peace Lutheran
- St. David's Episcopal
- Susanna Wesley UMC
- Town & Country Christian
- Trinity Evangelical Lutheran
- Trinity Presbyterian
- University UMC
- Westminster Presbyterian
- West Side Baptist
- West Side Christian

**Community Partners**

- Aldersgate Village
- Arthritis Foundation
- Atria Hearthstone
- Brewster Place
- Clare Bridge
- Comfort Keepers
- Heartland Hospice
- Hospice Care of Kansas
- Legend at Capital Ridge
- McCrite Plaza
- Midland Care
- Rebound Physical Therapy
- St. Francis Senior Spirit
- Stormont-Vail Healthwise 55
- Thornton Place
- Topeka—Shawnee County Public Library

# *Adventures in Learning!*

Attendance Winter Session—242 ~ Issue No. 19: Spring 2011



**Brewster Place Sponsors**  
**St. Mary's Fieldtrip, Wed., May 25, 2011 @ 9:00 a.m.**



All aboard! The bus leaves Shepherd's Center at 9:00 a.m. for an educational and fun fieldtrip. Tour a coal-fired electric

generated power plant, the Jefferson Energy Center, at 10:00. The Oregon Trail Park, a Jefferson Energy Center project, is also located in this Kaw River Valley area, and is known for its rocky outcroppings which is evidence of Pleistocene glaciers, and for its



native wildlife. We'll have lunch in St. Mary's at Froggy's with time to shop at Florence Adam's Polish Pottery and other unique businesses. Please register on your *Adventures in Learning* form. Price for this fieldtrip is \$10 per person. Our hosts will be Jeanene Johnson and Tim McManus.

## New SCT Social Group – "Hand & Foot"

A new "Hand & Foot" group will begin meeting bi-weekly at Trinity Presbyterian, 4746 SW 21st, on Tuesdays from 2-4:00, beginning March 8th. It's easy to learn this fun card game.



**Contact Jeanine Tatum, 234-6772, or Deanna Gee, 266-4356.**

## McCrite's invites SCT to celebrate St. Patrick's Day by "Gamblin for the Green" on March 30, 2011 🍀

The fieldtrip to McCrites on March 30th includes an Irish buffet at 12:30: corn beef and cabbage; lamb stew; soda bread; Irish potatoes; and apple strudel with whiskey sauce. Win awesome prizes from McCrites and local retailers at the Bingo party immediately following in Pat's Pub until 3:00.



Connie Michaelis says they may also do some trivia and scavenger hunting. If you did not register last newsletter, call the office before March 11th!



### A Little Discussion with the Director



Debra Stufflebean

*"I can't go to Shepherd's Center on Friday because I always volunteer the first Friday of the month." "I can't go to Shepherd's Center because we're going to be out of town the last week." "I can't go to Shepherd's Center because our women's group meets on the third Friday afternoon and I'd have to skip the lunch."* I'm mentioning these comments as reasons I hear for not coming to a Shepherd's Center session; and to nudge you out of the mindset that unless you can attend ALL FOUR FRIDAYS, you shouldn't come at all. SCT is here to provide a variety of classes and fieldtrips to CHOOSE from in whatever way fits your

schedule best. I don't expect you to attend every session, but I do hope you'll consider being faithful in supporting our ministry because you recognize its value in our community. I often regress into pointing out that if you attend even ONE Friday, you've gotten your money's worth, when instead I should be simply reminding you how fortunate we are to have a Shepherd's Center in Topeka (and I had nothing to do with that). If ever an organization fit the definition of "synergy," it's SCT. Yes, we provide exercise, education, socialization, spiritual growth, good food, opportunities for volunteering, but Shepherd's Center is so much MORE. It's hard to put your finger on this warm feeling you get when you're participating. Fortunately you don't have to pay anything extra to receive it!

*Debra*

### THANK YOU!



We thank Clare Bridge for sponsoring lunch at the Washburn Student Union and a guided tour at the Mulvane Art Museum in December. One of Topeka's best kept secrets is the activities area downstairs which would be a fun outing with grandchildren and it's FREE.



Dava Jones, Marketing Director, also surprised those who attended by inviting them for an Italian dinner and tour at Clare Bridge in January. Members were impressed with the various skill centers throughout the Alzheimer's facility where residents can relive going to the office (a room with desk, typewriter, files), working in their shop (work station with tools), caring for their babies (nursery with life-size dolls) as some examples, creating a caring, nurturing environment.



We also thank our January fieldtrip sponsor, Legend at Capital Ridge. The weather reared its winter chill causing many to stay in but for those who attended, we enjoyed a tour of living quarters that encircles a center courtyard, played a fun game of "Hand & Foot," and being pampered by Chef Larry Rice with homemade cheesecake. Thanks to Marketing Director Ashley Gordon for having us out!

Our sponsors for the Spring Session are Thornton Place, who will be furnishing parlor refreshments;



St. Francis Senior Spirit who will be hosting the Health & Service's table, providing blood pressure checks, and introductory yoga classes in the gym from 8:30-9:00;



and our faithful provider of fine dining, Atria Hearthstone. Thank you Atria team for all that you do for us! Atria served 610 meals last session—that's commitment!

#### Please Note on Calendar:

**Mar 30—Task Force Mtg, 10:00**

**Mar 30—Gamblin for the Green at McCrite Plaza, 12:30—3:00**  
(Lunch & Bingo)

**Apr 1, 8, 15, 29—Spring Session, Adventures in Learning**  
—Note that there are five Fridays in April and we will not have classes on Good Friday (April 22nd).

**Apr 27 —Planning Committee, 10:00 (for Fall Session)**

**May 11 —Planning Committee, 10:00 (for Fall Session)**

**May 25 — Brewster Fieldtrip**  
Leaving FBC at 9:00 a.m.



## Guest Policy

Everyone (member or guest) must register to attend an “*Adventures in Learning*” session. First time visitors **MUST** register by Tuesday before the Friday they plan to attend so we will have an accurate lunch count and have a name badge for them in the registration foyer. Visitors may come **ONCE** without paying, but then must pay the \$25 registration fee if they wish to come the remaining Fridays of that session. It costs nothing to check us out — we’re confident that you’ll want to come again. By providing your address, guests will receive the newsletter for one year. (Scholarships are available for those who have a financial need—visit with the Director or your Pastor.)

**We welcome clergy of our sponsoring churches who may attend Shepherd’s Center FREE for a single class, a session, or a meal. We only ask that you call the office beforehand, and spread the good news!**

## Who is a Member?

If you have ever attended one full “*Adventures in Learning!*” session, you’re considered a member. To be in good standing, you’ve attended at least one of four in the past year.

## Parking

Please leave the **first row of parking spaces in the west First Baptist parking lot (closest to the double doors) open for those with hanging disability tags.** This will increase our number of disabled parking spaces. In an effort to accommodate our speakers, please do **NOT** park on the south side of the church. Everyone should go through the downstairs registration area to pick up their nametags and programs.

Overflow parking is available in the Masonic Temple parking lot north of the church’s lot. Please park on the last (west) row of their lot as it will be closer access to the FBC driveway and a more level path to walk.



## New Technician



Mary Nestor is an audio-visual technician for Trinity Presbyterian who has agreed to volunteer for Shepherd’s Center. She is a graduate of Emporia State in Computer Science and retired in 2008 from Security Benefit Group. If you see Mary in the halls, introduce yourself. Thanks Mary!

## Transportation

The idea of creating a list of transportation volunteers has fallen by the wayside. Only one person (out of 200+) marked their registration forms as being willing to be contacted. I’m sorry to say that people will have to make their own arrangements, hopefully with a friend they have made at Shepherd’s Center. Please keep aware of people you know who have attended *Adventure’s in Learning* in the past who may still like to go if you would only offer them a ride.

Community Partners provide **FREE** transportation for residents to attend our sessions, which appears to be still another advantage of the communal living lifestyle.

## E-Group

If you have a computer and want to receive up to date info from Shepherd’s Center between newsletters, you need to be in the SCT Yahoo Group. Debra automatically enrolls people as she receives email addresses but you may have been overlooked, or you may have previously “opted out” from being in the group. When this group was first established, people made it known that they wanted this to be a one-way communication from the Director and patience wore thin for a few until we all got used to **NOT REPLYING** to messages sent from the group which has “groups” in the address: **shepherdstopeka@yahoogroups.com** . Emails to Debra at the SCT office are sent to the same email address without “groups” in the suffix: **shepherdstopeka@yahoo.com**. If you have not been receiving updates and wish to receive them, send an email to the office to get enrolled.



# ***“Adventures in Learning!”* Spring Session**

## **Classes for Friday, April 1, 2011**

### **Current Events—Get Involved**

**9:15—10:15 a.m.**

**News & Views**

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas where opposing viewpoints are appreciated.



### **What’s new in the Kitchen?**

**9:15—10:15 a.m.**

**Back by Popular Demand**

Julie Clanton will have pottery and Aire Gourmet bakeware to show. Her shop, *The Kitchen Gallery*, features hanging pot racks handcrafted from wine barrels & an array of new cleaning products with wonderful scents like Green Tea and Ginger Pomelo.



### **General George Patton: Apology to the Troops**

**9:15—10:15 a.m.**

**People/Places**



Perhaps the greatest, and certainly most controversial military leader, Patton is portrayed by Roger Aeschliman. When Patton slapped and threatened two soldiers in Sicily, he was electively tarred and feathered, and nearly retired from service. Under orders from Eisenhower, he issues an apology.

**9:15—10:15 a.m.**

**Religion**

### **P.E.T. [Personal Energy Transportation]**

Rev. Ron Williams explains the P.E.T. all-volunteer project that makes and assembles hand-cranked wheelchairs for people with paralysis or lower limb amputation who live in the bush or under developed countries.



**10:30—11:30 a.m.**

**Health**

### **Prevention and Treatment of Osteoporosis**

Dr. Katie Burnheide discusses diet, and especially Calcium/Vitamin D, as deterrents of Osteoporosis. Learn what else can reduce risk and what treatment is recommended for those who have received this diagnosis.

**10:30—11:30 a.m.**

**The Arts**



### **Vintage Fashion & Costume Jewelry**

A collector needs to know their merchandise. For instance, costume jewelry was mass-produced; whereas fashion jewelry may be unique and targeted to readers of upscale magazines like *Vogue* & *Harper’s Bazaar*. Learn from Lila McClafin.

**10:30—11:30 a.m.**

**Community**

### **P.T.’s Coffee Roasting Company**

Leading the coffee culture in Topeka is one of the country’s top roasters, P.T.’s, founded by Jeff Taylor and Fred Polzin. Enthusiasts gather for a “cupping” to sniff and slurp various blends and discuss the nuances wafting from their cup as it resonates with their palates. Come enjoy!



**10:30—11:30 a.m.**

**Library Wisdom**

### **Classics are Timeless**

Classics have endured because they’re entertaining. People love to re-read them; filmmakers love to remake movies based upon them. Lissa Staley will give an engaging talk about a dozen classics everyone should read.

**11:40—12:10 p.m.**

**Music**

### **Soloist**

Rev. Dr. David Meyer will sing both contemporary and traditional Christian music as well as some “Big Band Era” favorites.

# ***“Adventures in Learning!”* Spring Session**

## **Classes for Friday, April 8, 2011**

### **Current Events—Get Involved**

**9:15—10:15 a.m.**  
**News & Views**

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas where opposing viewpoints are appreciated.

### **Books behind Bars**

**9:15—10:15 a.m.**  
**Back by Popular Demand**

Professor Ted Heim has been an advocate for reading with juvenile’s in detention for twelve years. Hear how the teachings and writings of Dr. Karl Menninger greatly influenced his own philosophy for social justice.



### **Golfing with Brad Noller**

**9:15—10:15 a.m.**  
**People/Places**

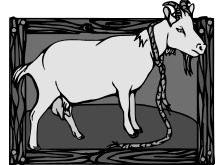


Golfing is just a way of life according to American Family Topeka agent Brad Noller. Living across the street from a KC golf course, Brad has been golfing since he was 5 yrs and now he & grandpa teach his own pre-school boys. Spring is in the air, so get helpful tips for swing & links!

### **One Goat Can Make a Difference**

**9:15—10:15 a.m.**  
**Religion**

Cathy Patterson, began a new “career” after retirement, becoming a shepherdess. After connecting with the Heifer Project, Cathy started raising goats on her farm and donating them to people from the Appalachian Mountains to the Navaho Nation, an act she refers to as “paying it forward.”



**10:30—11:30 a.m.**  
**Health**

### **Renal Failure**

Chronic kidney disease (CKD) can lead to many complications, including renal failure which affects 26 million Americans. Are you at risk? Cindy Zielke from Kansas Dialysis explains how CKD is detected and what treatment is available.

**10:30—11:30 a.m.**  
**The Arts**

### **Governor and Mrs. Samuel Crawford**

Reinactors Herschel and Jacque Stroud provide a portrait of the youngest Kansas governor and youngest first lady, Samuel & Isabel Chase Crawford. Crawford, 3rd War Governor and Civil War Hero is running for Congress in “Vote for Sam!”

**10:30—11:30 a.m.**  
**Community**

### **Marian Clinic**

Founded in 1988, the Marian Clinic serves low-income persons without health insurance by providing medical and dental care. Learn from Director Bob Trepinski about the philosophy held by founders who were called to this moral directive.

**10:30—11:30 a.m.**  
**Library Wisdom**

### **Urban Legends**

Urban legends are stories passed along in the present day. Some are true, some are false, some are based in truth but are really hard to believe, others are believable but based on lies. Dennis Dehn will help us discern fact from fiction.

**11:40—12:10 p.m.**  
**Music**



### **Flute Soloists**

Flautist Loretta Hoerman, accompanied by Laurie Jackson at the piano, will play traditional hymns arranged by contemporary composers.

# ***“Adventures in Learning!”* Spring Session**

## **Classes for Friday, April 15, 2011**

### **Current Events—Get Involved**

**9:15—10:15 a.m.**  
**News & Views**

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas where opposing viewpoints are appreciated.



**9:15—10:15 a.m.**  
**Back by Popular Demand**

**Our Judicial System**  
For over 40 years, Judge Thomas Conklin has been devoted to the law. He enjoys discussing our judicial system; how state and federal courts are set up; the affects of the economy on crime and the affects of crime on the community.



**9:15—10:15 a.m.**  
**People/Places**



### **Lt. Col Kirk Sessin: Afghanistan**

Kirk Sessin has spent 23 years in the U.S. Army where he served in the Persian Gulf, Bosnia-Herzegovina and Iraq. He is a retired field artillery commander, but has spent the past three years working for DynCorp International in Afghanistan on the Police Training & Poppy Eradication Program.

**9:15—10:15 a.m.**  
**Religion**

**Habitat for Humanity: Simple Concept**  
Build affordable homes for low-income families who put sweat equity into the building, take good care of the home & make timely payments in exchange for 0-interest mortgages—by Michelle DeLaIsla.



**10:30—11:30 a.m.**  
**Health**

**Body Alignment**  
Kaye Deiter is a certified yoga therapist who helps people create mental and physical harmony. She is very instructional in detecting and addressing body misalignment and carriage which can cause muscle and joint pain.

**10:30—11:30 a.m.**  
**The Arts**



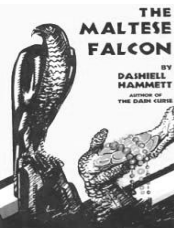
### **Dixie Lee Jackson’s Guide to Cookin’ & Kissin’**

Southern cook and relationship expert, Dixie Lee is outspoken and funny! She’s also the alter ego of Deb Goodrich-Bisel who grew up 8 miles from Mt. Airy, NC, the inspiration for Andy of Mayberry. Ask her questions at your own risk . . .

**10:30—11:30 a.m.**  
**Community**

**Storm Water Conservation**  
Vivien Smith will discuss the environmental impact of storm water and the management practices implemented by the city of Topeka to lessen damage. Learn what you can do in your own yards and gardens to improve water quality.

**10:30—11:30 a.m.**  
**Library Wisdom**



### **The Maltese Falcon: Mystery & Myth**

Private Eye Sam Spade is hired by Miss Wonderly to find her sister who has run off with Mr. Thursby — Except her name is really O’Shaughnessy, she has no sister, and Mr. Thursby is the partner who betrayed her after they stole a Maltese falcon worth millions. Read & discuss this Dashiell Hammett favorite with Tanya Walsh & Valerie Reif.

**11:40—12:10 p.m.**  
**Music**

**Concert Pianist**  
Doctoral student at KU and Director of Music at First Congregational, Chelsea Vaught will do a repeat performance in her jazz & gospel style.



# ***“Adventures in Learning!” Spring Session***

## **Classes for Friday, April 29, 2011**

**9:15—10:15 a.m.**

### **News & Views**

#### **Current Events—Get Involved**

Kevin McFarland stays abreast of the news and asks for YOUR views. Discussions cover everything from City Council issues to national politics; an exchange of ideas where opposing viewpoints are appreciated.

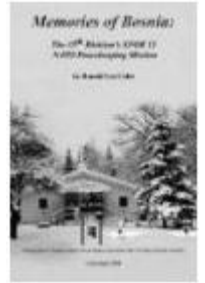


**9:15—10:15 a.m.**

### **Back by Popular Demand**

#### **Memories of Bosnia**

Retired US Army Colonel and Command Chaplain Ron Cobb will provide his perspective following the 2009 class on Bosnia by Father Davidson. Dr. Cobb is a teacher of world religions and an author.



**9:15—10:15 a.m.**

### **People/Places**

#### **Downtown wearing a Hat**



Marjorye Heaney is well known in the Topeka community by the hats she wears, her love for dancing, and her philanthropy. One never knows what to expect when Marj gives a program but its sure to be filled with her memories, her passions, and maybe a doodle on her kazoo!

**9:15—10:15 a.m.**

### **Religion**

#### **Missions in Brazil**

Dr. Ed Farris will contrast Brazil's economics, politics and religion with the U.S. Brazil has gone from being 98% oil dependent to using sugar cane as alternative fuel; its Democracy grants more Presidential power; and is a growing evangelical country. Learn from his 28 years of experience spreading the gospel.

**10:30—11:30 a.m.**

### **Health**

#### **Women's Health Continuum**

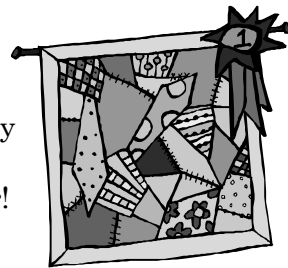
Dr. Jennifer Harader will discuss preventive healthcare and advances in treatments for diseases affecting older women, including recommendations for screenings.

**10:30—11:30 a.m.**

### **The Arts**

#### **Art Quilting**

Ruth Powers does quilting from a different perspective—not for the bed, but as art for the wall. Ruth's quilts have been selected by the American Quilt Society, International Quilt Assoc., & Mid-Atlantic Quilt Festival for special shows & she's an award winner!



**10:30—11:30 a.m.**

### **Community**

#### **Exciting Times at Topeka Zoo**



Zoo Director, Brendon Wiley, discusses zoo news such as opening Polar Ice Cap skate rink; hiring Dennis Dinwiddie (formerly of Stone Nature Center) as Education Curator; and breaking new ground when Vet Joe Kamer cast Hope the giraffe's fetlock's.

**10:30—11:30 a.m.**

### **Library Wisdom**

#### **Explore your Library's Travel Neighborhood**

The library has a vast number of resources available for planning trips and learning about another part of the world. Armchair travel can enhance your experience by providing a strong sense of place for books you may be currently reading or by preparing you for other cultures you will visit. Take a journey with Kimberly Sain.

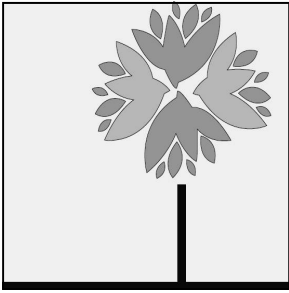
**11:40—12:10 p.m.**

### **Music**

#### **Women's Choir: M.I. Group**

These little ladies, under the direction of Margaret Weems, have been singing together for years—members are from Osage Co. except SCT Chaplain Rachel Fagan—and they enjoy singing at nursing homes and giving programs.

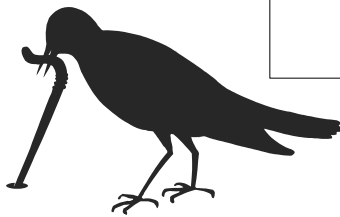




**Shepherd's Center of Topeka**  
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**Topeka, Kansas 66611-1899**  
**Phone: 785-267-0248**

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If you wish to be deleted from our mailing, please call 267-0248.

## Tell your Friends & Save your \$\$\$



There was sufficient feedback from our members, that SCT is going to pursue the trip to Biltmore and see if we have the minimum 40 registrations to go. Anyone can register for the trip, but **SCT members in good standing go to the front of the list.** As mentioned on page 3, a member in good standing has paid for one session in the past year. **You are not considered registered until the \$100 per person deposit, payable to Shepherd's Center, is received. Deposits are due by April 8; \$355 due by April 21.** This price is based upon double occupancy, and there may be others needing a roommate—so call the office. We will refund your money up to two weeks before the trip but travel insurance is also available through *Travel Insured International* for \$35 at the time of your deposit (call for details).

### **Biltmore Estate—Asheville, North Carolina—June 26 to July 1 —\$455**



(price per person double occupancy 6 days/5 nights, Includes gratuities)

- Restroom, video-equipped coach—2 day trip to Blue Ridge Mountains
- Biltmore estate, gardens, winery and Biltmore's new Antler Village
- Ashville, NC—city of Art Deco Architecture & St. Lawrence Basilica
- Blue Ridge Parkway, a National Park's Service journey, Visitor's Center and Folk Art Center
- En route, "shoppertainment" at the Opry Mills
- Includes 5 nights lodging (3 consecutive nights in Asheville area), 8 meals (5 breakfasts, 3 dinners)
- Bus leaves 8 a.m., Sunday morning (parking to be determined)

**Registration:** Mail completed registration form to SCT, 3033 SW MacVicar Ave, Topeka, KS 66611, along with check payable to SCT. Check Box if New or Changed Info. >

Name (s) \_\_\_\_\_ Phone # \_\_\_\_\_

Address/Zip \_\_\_\_\_

E-mail: \_\_\_\_\_ Place of Worship: \_\_\_\_\_

I am a **FIRST TIME GUEST** = 1 Friday FREE. I will attend \_\_\_\_\_ (date).

Registration fee of \$25 includes 4 exercise classes, 8 Learning classes, 4 musical programs, 4 catered lunches & the opportunity to go on fieldtrips.



Number of Registrations \_\_\_\_\_ x \$25.00 = \$ \_\_\_\_\_

Please check which Fridays you will be eating. \_\_\_\_\_ :

(First Fri. \_\_\_ ; Second Fri. \_\_\_ ; Third Fri. \_\_\_ ; Fourth Fri. \_\_\_) \_\_\_\_\_ :

Donation to this ministry = \$ \_\_\_\_\_

Brewster Place Fieldtrip to St. Mary's—May 25 \_\_\_\_\_

Fieldtrip Sign Up (\$10 per person) = \$ \_\_\_\_\_

\$ \_\_\_\_\_ Check Total

**Class Selection:** Each person choose two classes per Friday (select one from the four classes listed in each time slot). Pre-registering helps us with room assignments.

<u>April 1, 2011</u>		<u>April 8, 2011</u>	
9:15-10:15	News & Views _____	9:15-10:15	News & Views _____
	New in the Kitchen _____		Books behind Bars _____
	General Patton _____		Golfing with Brad _____
	Habitat for Humanity _____		Heifer Project _____
10:30-11:30	Osteoporosis _____	10:30-11:30	Renal Failure _____
	Vintage Jewelry _____		Gov & Mrs. Crawford _____
	PT's Coffee Roast _____		Marian Clinic _____
	Classic Books _____		Urban Legends _____
<u>April 15, 2011</u>		<u>April 29, 2011</u>	
9:15-10:15	News & Views _____	9:15-10:15	News & Views _____
	Our Judicial System _____		Bosnia _____
	Afghanistan _____		Marj Heeney _____
	P.E.T. _____		Missions in Brazil _____
10:30-11:30	Body Alignment _____	10:30-11:30	Women's Health _____
	Dixie Lee Jackson _____		Art Quilts _____
	Storm Water _____		Topeka Zoo _____
	Maltese Falcon Review _____		Library Travel _____

**PLEASE MAIL BY MARCH 25th.**

## April 1, 2011

9:15—10:15 a.m.

News & Views with Kevin McFarland  
What's New in the Kitchen? by Julie Clanton  
General George Patton by Roger Aeschliman  
P.E.T. by Rev. Ron Williams

10:30—11:30 a.m.

Osteoporosis by Dr. Katie Burnheide  
Vintage Jewelry by Lila McClafflin  
P.T.'s Coffee Roasting Company  
Classic Books by Lissa Staley

11:40-12:10 — Sanctuary Music

Christian & Big Band Soloist—Rev David Meyer

## April 8, 2011

9:15—10:15 a.m.


News & Views with Kevin McFarland  
Books behind Bars by Ted Heim  
Golfing with Brad Noller  
Heifer Project by Cathy Patterson

10:30—11:30 a.m.

Renal Failure by Cindy Zielke  
The Crawfords by Herschel & Jacque Stroud  
Marian Clinic by Bob Trepinski  
Urban Legends by Dennis Dehn

11:40-12:10 — Sanctuary Music

Flautist Loretta Hoerman

  
Hosted at First  
Baptist Church  
3033 SW MacVicar  
Topeka, KS 66611  
785-267-0248

shepherd's center  
OF TOPEKA  
SPRING 2011 SESSION

## *Adventures in Learning!*

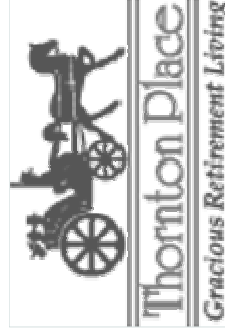
Focus on Fitness [8:30—9:00]

Health & Exercise Area

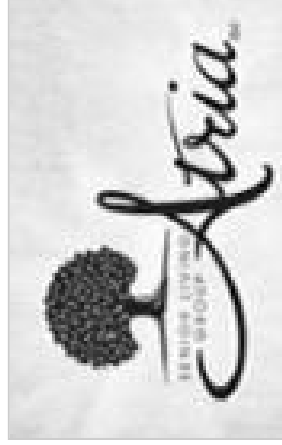
  
**Senior Spirit**  
St. Francis Health Center

Parlor Refreshments

[9:00—9:15] by [10:15—10:30]



Catered Meals [12:15—1:00]  
Compliments of



[www.shepherdscentertopeka.org](http://www.shepherdscentertopeka.org)

## April 15, 2011

9:15—10:15 a.m.

News & Views with Kevin McFarland  
Our Judicial System by Judge Tom Conklin  
Afghanistan by Lt. Col. Kirk Sessin  
Habitat for Humanity by Michelle DeLaIsia

10:30—11:30 a.m.

Body Alignment by Kaye Deiter  
Cookin' & Kissin' by Dixie Lee Jackson  
Storm Water by Vivien Smith  
Maltese Falcon by Tanya Walsh & Val Reif

11:40-12:10 — Sanctuary Music

Concert Pianist Chelsea Vaught

## April 29, 2011

9:15—10:15 a.m.

News & Views with Kevin McFarland  
Bosnia by Col. Ronald Cobb  
Downtown & Hats by Marj Heaney  
Missions in Brazil by Dr. Ed Farris

10:30—11:30 a.m.

Women's Health by Dr. Jennifer Harader  
Art Quilting by Ruth Powers  
Topeka Zoo by Brendon Wiley  
Library Travel by Kimberly Sain

11:40-12:10 — Sanctuary Music

M.I. Women's Choir