



*The Master can use what you have to offer,  
 Though you may consider it small;  
 His work here on earth is done through his children,  
 So give Him your best, give your all.*

*-Hess*

Winter 2008-9

December 12, 2008

**Sponsoring Congregations**

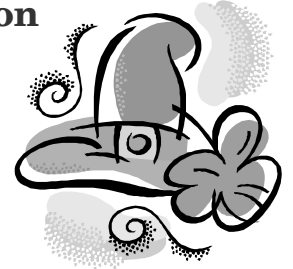
- Asbury Mt. Olive UMC
  - Brookwood Covenant
  - Countryside UMC
  - Crestview UMC
  - Faith Lutheran
  - Fairlawn Nazarene
  - First Baptist
  - First Congregational
  - First Christian
  - First Lutheran
  - First Presbyterian
  - First United Methodist
  - Grace Episcopal Cathedral
  - Grace United Methodist
  - 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
  - West Side Baptist
  - West Side Christian
- Community Partners**
- Aldersgate Village
  - Atria Hearststone
  - Brewster Place
  - Comfort Keepers
  - McCrite Plaza
  - Midland PACE
  - Stormont-Vail Healthwise 55
  - Thornton Place

**Register NOW for the Shepherd's Center fieldtrip to McCrite Plaza, March 6th.**



**Get ready all ye lads and lassies for the "Taste of Ireland" fieldtrip March 6<sup>th</sup> at McCrite Plaza. Our hosts will provide a variety of Irish-themed foods and beverages throughout their community from 2:00 – 4:00 p.m. Tom Meehan will perform Irish folk music and dish**

**out some blarney in the McCrite Pub. Sign up for this St. Patrick's celebration on the registration sheet for the February "Adventures in Learning" session. McCrites will also be hosting refreshments in February, so be sure to let them know how much we appreciate them as a new sponsor.**



**Register for Charles Curtis Birthday Party Jan. 25th**

**On Sunday, January 25th, SCT members are invited to attend the Charles Curtis birthday party held at the house museum on Topeka Blvd. Atria is donating bus transportation so we will leave from the FBC parking lot at 1:00 and return at 3:00 p.m. Refreshments and tour are FREE; however, members must be able to climb stairs (at minimum a few at the porch, much more if you'd like to tour the upstairs). The mansion**



**has stained glass windows, carved oak woodwork, parquet floors, ornamental plaster, lovely chandeliers and multiple fireplaces. Curtis was the first native American and Kansan to hold the office of Vice President of the United States.**



**Fieldtrip may be cancelled if bad weather conditions.**

## A Little Discussion with the Director



Debra Stufflebean

I became very aware of a benefit to being involved in Shepherd's Center last month. Can you imagine how it felt knowing that you and your loved one were on so many church prayer lists? I am truly blessed to have become a part of this network of loving, caring people.

My husband, Mike, had a bout with lung cancer six years ago, and since that time has only gone to the doctor for annual physicals. This year he didn't even make it past the nurse who handed me a slip of paper with his bp 199/120 and told me to take him to the emergency room. Mike spent a week in critical

care and was diagnosed with COPD, Pulmonary Hypertension and congestive heart failure. He is now required to wear oxygen 24/7. And to answer the question, "Does he smoke?" The answer is, he used to before he and I were ever married, which is a testimony to how much damage can be done when we are young and feel invincible.

Two other things occurred to me during this time. First, I am thankful for new technology that allows me to roll over phone calls at the office to my cell phone or to e-mail to my home documents such as this newsletter where I can continue to work and still be accessible to SCT members.

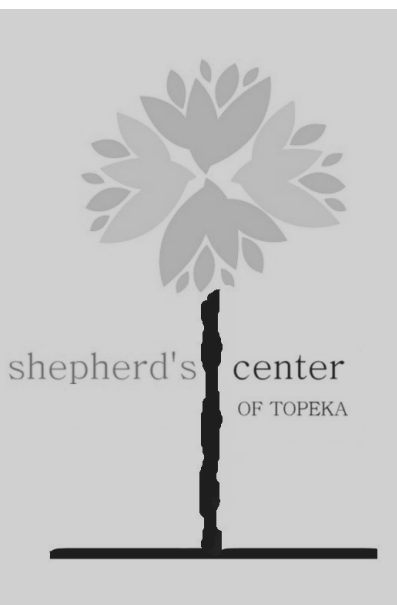
The second is how close friendships are at SCT. In a

very short amount of time, I, like so many others have made wonderful friends who have your back when you need them. Those friendships may begin by seeing one another at a session, but they develop during the time volunteering for SCT. I think some people resist volunteering because they look at how much work so and so does, not considering that those people expend more effort because others won't expend a little. It's kind of like fundraising. If everyone gave a small amount, the need for big donors would decrease. It's called the "all or nothing mentality."

This holiday season, consider giving a little of our most precious resource—time. You will reap benefits beyond what you can imagine. *Debra*

## Brewster Place Fieldtrip a Hit!

Approximately 60 people enjoyed the Brewster Place Health Renaissance Fair on Friday, November 14<sup>th</sup>. SCT members were given a presentation about Brewster Place's new "At Home" program, followed by a wonderful brunch. Wellness expert, Deanne Escalante provided fun activities to stay mentally and physically fit. Guests visited nursing staff at various health stations set up in the activity center. Buses provided tours of the various housing units available on the campus. Within the next three years, Brewster Place will be expanding their facility to encompass the present location of the Country Club Apartments. Judy Johnson and Merle Engelke won the gift baskets from Olive Garden. We thank Brewster Place as a community partner who not only provided the refreshments for our September session, but also hosted a lovely fieldtrip.



Sessions and Office  
housed at First Baptist,  
3033 SW MacVicar.

## Matching Gift Fundraiser ends Dec. 31, 2008

### Donating Churches

Brookwood Covenant  
 Countryside UMC  
 First United Methodist  
 First Lutheran  
 Grace Episcopal Cathedral  
 Most Pure Heart of Mary  
 Our Savior's Lutheran  
 Susanna Wesley UMC  
 Trinity Presbyterian  
 Westside Christian



### Individual Donors

Karen Baenig  
 Betty Born  
 Lawrence Brock  
 Jan Burnett  
 Nadine & Leland Chandler  
 Dottie Crawford  
 Lillian Dawkins  
 Bob Eggold  
 Larry & Evelyn Ehram  
 Sharon Eulert  
 Deanna Gee  
 Frances Gwin  
 Velda Hanna  
 Joanne Harrison

The Shepherd's Center has been a flurry of activity over the past six months as we've made progress expanding, both the number of members attending, and also the number of sponsoring congregations and community partners. A huge help in increasing attendance, was the donation of free meals by Atria.

Thanks to the heart-felt love for senior ministry, an anonymous donor gave SCT first opportunity to benefit from a grant left at the Topeka Community Foundation. We had six months to raise money from sponsors that would be matched \$ for \$ as a matching gift.

We are very grateful to the church sponsors who have given a donation, despite the worst financial times seen in many years. Some churches are feeling their own budget constraints, or are caught in the middle of a property expansion during rising prices. We understand that giving may not be possible at this time.

### Due to an added bonus of having our checking account balance

matched at year end, we turned to our members to ask if they, too, would donate over and above the registration for the September session.

As you can see, this worked so well that **we are again asking if members would be willing to pay their February registration BEFORE December 31st and any amount over the \$25 fee is a tax deductible donation for 2008. We have \$25 gift certificates to give friends for Christmas!**

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

### Individual Donors

Dorene Hart  
 Bonnie Hartzel  
 Mary Hoffman  
 Charlene Hogue  
 LaVera Hood  
 Ruth Jacobsen  
 Judy Johnson  
 Val & Donna Johnson  
 Dorothy Jones  
 Beverly Ketter  
 Ann Look  
 Mary Jane Mann  
 Kem McHugh  
 Hank & Doris Meinking  
 Ed & Rogene Moody  
 Lloyd & Mary Muilenburg  
 Carl & Janet Nuzman  
 Rita Pratt  
 Sarah Rainey  
 Roberta Reeves  
 Charlotte Reitnauer  
 Laura Semler  
 Bill & Ferne Spencer  
 Mary Stryker  
 Debra Stufflebean  
 Jeannine Tatum  
 Gordon & Mary Tempero  
 George & Elva Templeton  
 Irene Unruh  
 Georgina Webb

"In 2009, the matching funds will be available directly to churches who budget funds for senior adult ministry before the end of 2008."

Dale Fooshee

SCT Chairman of the Board

We encourage members to stay in touch with us between sessions by visiting our website for recent information. You'll find class schedules, extra registration forms, hot links to our sponsors websites, pictures from our fieldtrips, even links to the calendars of places we think you would find of interest such as the theater, Washburn University, the Expo Centre. It's a one stop place to shop for things to do. Ideas? Send Email to: **[shepherdstopeka@yahoo.com](mailto:shepherdstopeka@yahoo.com)**

## FREE GENEALOGY CLASS

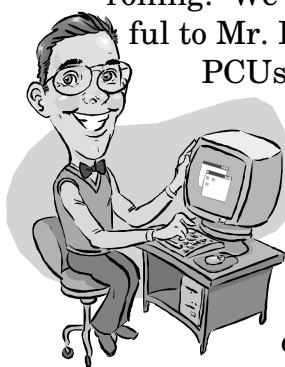
For four Monday afternoons in March, (Mar. 2, 9, 16 & 23) Shepherd's Center members can take a FREE genealogy computer research class from 1:00—3:00 p.m. Larry Henderson, President of the PCUsers Group and member of the Topeka Genealogy Society, will donate his instruction in the computer lab at Countryside United Methodist Church, 3221 SW Burlingame Road. Members should know how to access internet and email before enrolling. We are extremely grateful to Mr. Henderson, the

PCUsers Group, and to Countryside UMC.

The October class was full so a second class was planned for the spring.

Space is limited; call early to reserve a

spot: **267-0248**.



## Tai Chi Anyone?

Tai Chi is a low-impact exercise that increases balance, flexibility and strength. It is the most recommended form of exercise by the Arthritis Foundation. New classes will be forming in January at both First Christian Church and Countryside United Methodist Church. The average cost is about \$6 per class, but some classes are free for people with chronic illness and disability. Both churches have classes in the afternoons and evenings to accommodate anyone's schedule, and run 6-8 weeks consecutively. Beginners can work up to more advanced exercise in various Beijing forms.

Give the gift of health this Christmas. Contact one of the following instructors to purchase a Tai Chi gift certificate: **Peggy Wheeler, 580-7161**, teaches at Countryside; **Mae Lovell, 267-3059**, at First Christian.



## Come Join Us . . . Volunteers Needed

The Shepherd's Center has four major committees:

### Program Planning

Jeanne Bellows (Grace Episcopal) & Barbara Smith (Countryside UMC) co-chair this committee which meets 3-4 months out from sessions to plan classes in health, religion, community, art or literature, people or places, news/current events, and music. Next meeting Jan 7 @ 10:30 a.m. in the Winsom Classroom at FBC. Want more info? Call 722-4403.

### Hospitality

Avanelle Roseberry (FBC) & Ruth Jacobsen (Our Savior's) co-chair this area. Avanelle coordinates everything for the dining area on the Thursday before session and Ruth readies the parlor for refreshments the morning of. Both have some regular volunteers assist them, but they can always use more. Want more info? Call 273-8198.

### Registration

Darlyne Sheppard (SWUMC) & Betty Harpham (Our Savior's) co-chair this area. Volunteers prepare the name tags according to registration forms received each session. They staff the registration area and help the Director with newsletter mailings. Want more info? Call 228-3865 or the SCT office 267-0248.

### Facility Management

Ron Richey (Northland Christian Church) chairs this men's group who meet on Thursday mornings before each session to set up the parlor and dining. They also coordinate the tear down after lunch for each session, including storage and trash detail. Spencer Smith (Countryside UMC) and Dean Owens (FBC) handle all audio visual needs. Want info, call 234-4172.

## Outreach

Shepherd's Center is for anyone who wants to attend over the age of 55. You do not have to be a member of our sponsored churches, nor do you have to belong to a church for that matter. Our registration form asks for "home church" for tracking purposes. Some of our pastors have

*"Who is a member of Shepherd's Center?"*

*According to the bylaws anyone who has attended*

*ONE session of SCT is considered a member."*

asked how many of their members attend so it is nice to have that data, but our programs are open to people of all faiths, or having no faith, as an expression of our outreach and commitment to serving adults in our community.

ple of all faiths, or having no faith, as an expression of our outreach and commitment to serving adults in our community.

## New Guest Policy

Everyone must register to attend an "Adventures in Learning" session; however, some folks don't want to pay the fee until they've attended once to see what everyone's talking about. Good news. Visitors may come **ONCE** without paying—but if you like it (and we're pretty sure you will), you must pay the \$25 registration to come to the rest of the session, or to subsequent sessions. Our former policy was to bring a guest the last Friday of a session, but we'd like for guests to have the opportunity to check us out at any time and be able to enroll for the full session in the month they visit. Guests may choose to wait until the next session before coming again, but at least they have the choice. First time visitors MUST call the SCT office, 267-0248, by Tuesday if they plan to attend that Friday. Dear person, you don't have to wait to be invited—YOU call. Shepherd's Center of Topeka members are wonderfully friendly!

## New DVD Promotion

Thanks to Scott Hamilton of Town and Country Christian Church, SCT has a new video that can be checked out for programs. The Director is always ready and eager to give programs to interested groups, but now anyone can call and pick up a DVD from the SCT office. The short video tells a little about Shepherd's Center while also showing some of the work behind the scenes in addition to the excitement of when we are in session. The best way to get new members to come is to be asked by a personal friend—now you'll have a tool at your disposal. **CHECK IT OUT!**

## Welcome New Church Sponsors

We welcome **TEN** new churches as sponsoring congregations: Asbury Mt. Olive, Fairlawn Nazarene, First Congregational, First Lutheran, Most Pure Heart of Mary Catholic Parish, Prince of Peace Lutheran, St. David's Episcopal, Town & Country Christian, Trinity Evangelical Lutheran and University Methodist. Hotlinks to all sponsoring churches websites are available from the SCT website, as are links to all of our community partners. Look for a listing of Christmas programs and services this season. What a blessing!!!!



**The Adventures in Learning class schedule (pages 6 & 7) has expanded to provide you more information about the programs in the coming session. The "short schedule" will be the backside of the registration form so that churches and members can make multiple copies of this double-sided page as a brochure to hand out. Thanks.**

**February 6-27 2009**

**9:15—10:15 a.m.**

**News & Views**

Kevin McFarland leads a lively current events discussion every Friday in session. Topics can run from City Council issues to national politics. Kevin stays abreast of the news and asks for YOUR views. This is a fun and candid exchange of ideas where opposing viewpoints are appreciated.

**February 6, 2009****9:15—10:15 a.m.****People & Places****Deep Sea Diving Coral Reefs**

Sandy Falen of Core First Bank shares favorite photos from 20 years of diving and visiting coral reefs of the Caribbean Sea and more. An exciting up-close look at this complex eco system under the sea.

**February 6, 2009****9:15—10:15 a.m.****Religion****Miriam: Daughter, Sister, Heroine**

Miriam risked her brother's life and her own to save him from Pharaoh's sword. Many years later, when they were safe from Pharaoh's army on the other side of the Red Sea, she sang a song of rejoicing! Rev. Sandra Vogel introduces you to Miriam, sister to Moses.

**February 6, 2009****10:30—11:30 a.m.****Community****Kansas Commission on Veterans Affairs**

New executive director, Jack Fowler, gives an overview of the agency charged with representing veterans. The Kansas VA provides various areas of assistance including medical care, benefits, social support, education, training and burial services.

**February 6, 2009****10:30—11:30 a.m.****Health****Services of a Long-Term Care Ombudsman**

What is an ombudsman? How may they be of assistance in your long-term care? Meet Cynthia Bailey, and learn about her unusual position for the state of Kansas.

**February 6, 2009****10:30—11:30 a.m.****Art/Literature****Dichroic Glass and the Art of Jewelry Making**

Nancy Goodall has a passion for her hobby, and an extra income. Nancy provides an overview of the jewelry making process, from kiln-fusing to wire wrapping to metalsmithing, that is required to create unique dichroic glass jewelry.

**February 13, 2009****9:15—10:15 a.m.****People & Places****Remembering those Old Radio Shows**

Did you hull peanuts and sit around listening to Hopalong Cassidy, Amos & Andy or George & Gracie? Travel down memory lane with Rev. Ron Schultz who has a vast collection of shows to share.

**February 13, 2009****9:15—10:15 a.m.****Religion****Mary—Woman of Faith, Woman of Controversy**

Rev. Heidi Wiebe will share her insight as to why protestants have not given Mary the same prominence in their religion as the Roman Catholic and Eastern Orthodox traditions—yet Mary was a woman of extraordinary courage and character.

**February 13, 2009****10:30—11:30 a.m.****Community****Topeka's Heartland Visioning Plan**

The meetings for community input; the analysis of information; the brainstorming from some of Topeka's brightest; all have occurred and been documented. Hear the details from Dr. Jerry Farley, Washburn, about what lies ahead for Topeka, Kansas.

**February 13, 2009****10:30—11:30 a.m.****Health****Heart of America Hospice**

Jason Crenshaw clarifies the benefits received from hospice care; how those benefits are paid; who is eligible; and the type of staff that assists a loved one in their final days.

**February 13, 2009****10:30—11:30 a.m.****Art/Literature****An Artist's Life**

Larry Peters, Gallery Director Emeritus for the Alice Sabatini Gallery, will give a presentation showing finished work in clay and collage, as well as a glimpse into the creative mind of an artist! His work is represented by The Collective.



**February 20, 2009****9:15—10:15 a.m.****People & Places****Model Railroading**

Father Herman Page is a semi-retired priest with an unusual hobby. As a long-time railroad enthusiast, you will enjoy his passion for model railroading & get plenty of advice on how to become a modeler yourself.

**February 20, 2009****9:15—10:15 a.m.****Religion****Deborah: Prophetess and Judge**

Deborah's brief appearance in the Bible (Judges 4 & 5) in no way discounts her importance as a leading female in the faith story. The Very Reverend Steve Lipscomb describes the role of being a judge in Israel, and brings to life leading characters in the "Deborah Saga."

**February 20, 2009****10:30—11:30 a.m.****Community****Media Influence on Decision-making**

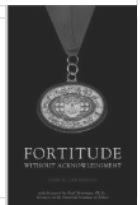
Be a more informed member of your community by examining how the media is a major player in all decisions, be it locally or nationally. Professor Alan Bearman will also contrast the differences in the role media plays in his home country of England vs. the United States.

**February 20, 2009****10:30—11:30 a.m.****Health****Post-Traumatic Stress Disorder**

Dr. Chalisa Gadt-Johnson has seen an increase in the number of patients in the VA health care system suffering from this debilitating disorder. An empathic understanding of trauma is essential to providing help. She will review major symptoms and treatment modalities for PTSD.

**February 20, 2009****10:30—11:30 a.m.****Art/Literature****Fortitude: Without Acknowledgement**

Author and former sheriff detective, Daniel Jaramillo, knows a little about fortitude, having uncovered a drug scandal in Sheriff Meneley's department. Despite personal losses, he feels living a life of courage and authenticity gives him a sense of purpose.

**February 27, 2009****9:15—10:15 a.m.****People & Places****Cowboy Songs on the Chisholm Trail**

When the big cattle drives from Texas to Kansas took place, 1860's to 1880's, the cowboys introduced a new American musical genre, the cowboy song. Enjoy music & history of the trail by Rev. Dan Waters.

**February 27, 2009****9:15—10:15 a.m.****Religion****Lydia—A Purple Christian**

An influential business woman, Lydia was a dealer of purple cloth in Thyatira. She was the first Christian convert in Europe, and a powerful Christian leader in the early church. Learn more about the life of Lydia from Rev. Matthew Sturtevant.

**February 27, 2009****10:30—11:30 a.m.****Community****Household Search Light—A Topeka Treasure**

Local historian, Warren Taylor, has researched and interviewed folks to locate the first home of the Topeka publication, "Household Search Light," which dates back to the early 1930's.

**February 27, 2009****10:30—11:30 a.m.****Health****Understanding Palliative Care**

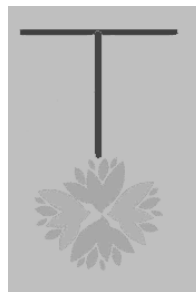
Palliative care is a "whole person" approach to healthcare that focuses on the emotional, spiritual and practical dimensions of suffering for patients with life threatening illness. Hear Dr. Karin Porter-Williamson explain.

**February 27, 2009****10:30—11:30 a.m.****Art/Literature****Eisenhower—A Man of the Times—For the Times**

Enjoy this dramatization of Dwight Eisenhower by Dale Jirik who explores the early years that contributed to Eisenhower's accomplishments later in life. He will also highlight Ike's tenure as Allied Supreme Commander WWII and Eisenhower's presidency.

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

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Shepherd's Center of Topeka  
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Topeka, Kansas 66611

## Ho! Ho! Ho! Christmas Gift Ideas



Remember the country gospel music by Joan Hubbard? You can order a CD of her music for \$10 directly

from her at 249-8166. Her Christmas songs are great too!

Why not read Jaramillo's book, Fortitude: Without Acknowledgement before the February session? Available through [Amazon.com](http://Amazon.com) for \$12.47 or call Dan: 408-6672.

Gift Certificates for Tai Chi classes may be purchased from Peggy Wheeler, 580-7161 or Mae Lovell, 267-3059. See related story on page 4.

Several SCT ladies bared all (just kidding!) — modeled for the 2009 calendar that benefits Alzheimer's Research: Sherry Potter, Mary Harms, Betty Born, Barbara McClain, Karel Gassen, and Wanda Stephens. The cost is \$15.00 per calendar, payable to NARFE, Chapter 2. Call Sherry Potter to order: 272-4564.

Debra Stufflebean has copies to sell of her children's Christmas storybook, hard back with her own color illustrations, for \$10. Call the SCT office, 267-0248, to buy a copy for your grandkids of A Star Worth Sharing—Mr. and Mrs. Claus celebrate Jesus' Birthday .

SCT has \$25 gift certificates for sale until December 24th. What a wonderful gift idea for a friend you've been trying to get to come to Shepherd's Center! Send check to office & a gift certificate will be mailed.



## February 6, 2009

9:15—10:15 a.m.

Deep Sea Diving by Sandy Falen

Life of Miriam by Rev. Sandra Vogel

News & Views—Current Events Discussion  
with Kevin McFarland

10:30—11:30 a.m.

Kansas Veterans Affairs by Jack Fowler

KS Long-term Care Ombudsman  
by Cynthia Bailey

Dichroic Art Glass Jewelry by Nancy Goodall

11:45—Sanctuary Music

Carolyn Sandquist & the Suzuki Violinists

## February 13, 2009

9:15—10:15 a.m.

Old Radio Shows by Rev. Ron Schultz

Mary, Mother of Jesus by Rev. Heidi Wiebe

News & Views—Current Events Discussion  
with Kevin McFarland

10:30—11:30 a.m.

Topeka Visioning by Dr. Jerry Farley

Heart of America Hospice Program  
by Jason Crenshaw, BSN, RN, OCCN

An Artist's Life by Larry Peters

11:40—Sanctuary Music

Steve Eubank & the THS Madrigals

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



## WINTER 2009

### “ADVENTURES IN LEARNING”

8:30—9:15 Lower Level

**Blood Pressure Checks by**



**Walking to Rock'n Rhythm—Gym**

8:30—10:30 Parlor, Upper Level

**Refreshments by**



12:00—1:00 Lower Level

**Buffet Luncheon by Atria**



## February 20, 2009

9:15—10:15 a.m.

Model Railroad by Rev. Herman Page

Life of Deborah by Rev. Steve Lipscomb

News & Views—Current Events Discussion  
with Kevin McFarland

10:30—11:30 a.m.

Media Influence by Alan Bearman

Post Traumatic Stress Disorder (PTSD)  
by Dr. Chalisa Gadt-Johnson

Author Book Review by Daniel Jaramillo

11:45—Sanctuary Music  
Melodears Women's Chorus

## February 27, 2009

9:15—10:15 a.m.

Cowboy Songs on the Chisholm Trail  
by Rev. Dan Waters

Life of Lydia by Rev. Matt Sturtevant

News & Views—Current Events Discussion  
with Kevin McFarland

10:30—11:30 a.m.

Household Searchlight by Warren Taylor

Palliative Care by Dr. Karin Porter-Williamson

Eisenhower Dramatization by Dale Jirik

11:40—Sanctuary Music

Hurst Coffman at the Piano

**Registration:** Mail completed registration form to SCT, 3033 SW MacVicar Ave, Topeka, KS 66611, along with check payable to SCT. Find up-to-date info at: [www.shepherdscentertopeka.org](http://www.shepherdscentertopeka.org).

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

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_ Home Congregation: \_\_\_\_\_

**Registration fee of \$25 includes 8 classes in "Adventures in Learning," 4 musical programs, 4 catered lunches, and field trips between sessions. Now that's a bargain!**

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

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

Total Number of Lunches \_\_\_\_\_ x FREE = FREE

(First Fri. \_\_\_\_ ; Second Fri. \_\_\_\_ ; Third Fri. \_\_\_\_ ; Fourth Fri. \_\_\_\_ ) \$ \_\_\_\_\_ Check Total

Field Trip Sign Up: Curtis House Museum 1/25 @ 1:00 \_\_\_\_ McCrite Plaza 3/6 @ 2:00 \_\_\_\_

**Class Selection:** Each person choose two classes per Friday (select one from the three classes listed in each time slot). This will help us with room assignments.

**February 6, 2009**

9:15-10:15 Deep Sea Diving \_\_\_\_\_  
Miriam \_\_\_\_\_  
News & Views \_\_\_\_\_  
10:30-11:30 KS Veteran's Affairs \_\_\_\_\_  
Ombudsman \_\_\_\_\_  
Jewelry Making \_\_\_\_\_

**February 13, 2009**

9:15-10:15 Old Radio Shows \_\_\_\_\_  
Mary, Mother of Jesus \_\_\_\_\_  
News & Views \_\_\_\_\_  
10:30-11:30 Topeka Visioning \_\_\_\_\_  
Hospice Care \_\_\_\_\_  
Art Gallery Director \_\_\_\_\_

**February 20, 2009**

9:15-10:15 Miniature Railroading \_\_\_\_\_  
Deborah \_\_\_\_\_  
News & Views \_\_\_\_\_  
10:30-11:30 Media Influence \_\_\_\_\_  
Post Traumatic Stress Disorder \_\_\_\_\_  
Jaramillo Book Review \_\_\_\_\_

**February 27, 2009**

9:15-10:15 Cowboy/Chisholm Trail \_\_\_\_\_  
Lydia \_\_\_\_\_  
News & Views \_\_\_\_\_  
10:30-11:30 Household Searchlight \_\_\_\_\_  
Palliative Care \_\_\_\_\_  
Eisenhower Drama \_\_\_\_\_

**PLEASE RETURN BY JANUARY 16th or sooner (see page 3). THANKS!**