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## EVENTS AND ACTIVITIES



KU Landon Center on Aging will hold its next free Chronic Disease Self Management Workshop ONLINE, Tuesdays from 1pm to 3pm, April 2 to May 7, 2024. Email Matt at [mchandler@kumc.edu](mailto:mchandler@kumc.edu) to register. Registration is required.



**Wyandotte County Ethnic Festival 2024!**  
Saturday April 6, 10:00 a.m. – 6:00 p.m.  
Pierson Community Center, Pierson Park, 1800 S. 55th Street, K.C. KS. 66106  
Free Admission and Parking- Great ethnic foods, music, culture booths. For more info contact Curtis Smith [cvsmith6405@gmail.com](mailto:cvsmith6405@gmail.com)

An interfaith, multicultural, nonprofit  
organization that promotes &  
supports successful aging.  
*The Mission of Shepherd's Center of Kansas City, KS*

Building a  
**community** that  
connects, values,  
engages and  
celebrates older adults.  
*The Vision of Shepherd's Center of Kansas City, KS*

Contact us at 913-281-8908  
Minor home repair requests 913-281-8909  
[melissab@sckck.org](mailto:melissab@sckck.org)  
<https://www.facebook.com/shepherdscenterkck>



# The SHEPHERD'S VOICE

**MARCH 2024**



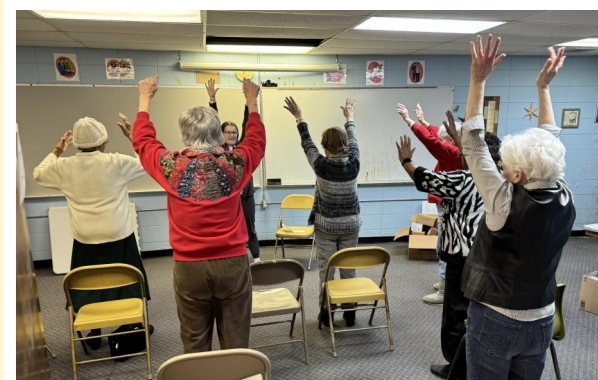
**ADVENTURES IN LEARNING**  
Friday, March 15, 2024  
Grace Lutheran/ Mason Memorial  
Church, 3333 Wood Avenue,  
Kansas City KS 66102

10am—health checks—FREE  
Vitamin D, Omega 3 and A1c  
screenings (no fasting required);  
fellowship (coffee and snacks)

11am— Teequa Knapp, RD, LD,  
Hy-Vee Dietitian  
Hy-Vee has partnered with the Kansas  
Department for Aging and Disability  
Services (KDADS) to reach those who may  
not have the resources to nutritional  
counseling. Hy-Vee Dietitians are  
conducting nutrition counseling consults for  
the first 400 Kansans age 60 years or older  
who reside in Kansas. Kansas residents 60  
years or older would receive at no cost:  
· 60 minute initial consult  
· (2) 30-minute follow up consults  
Also available: On-Demand Nutrition Store  
Tours, Wellness Wednesday classes, and 1  
week of Healthy Habits menu or 3 Freezer  
Meal Prep Workshops  
Noon—Brien Darby with Cultivate KC  
will tell us about the Dotte Mobile Grocer  
Lunch: being provided by Ebenezer  
Ministries

**Call 913-281-8908 to RSVP**

## JOIN OUR FUN!





### **CARD MAKING AND SCRAPBOOKING**

Would you like to learn how to make beautiful handmade greeting cards, and fun scrapbooking techniques? Nancy Kurtz will teach cardmaking and scrapbooking on these dates: Thursdays, March 7 and 21, April 4 and 18, May 2 from 8:30am to 11:30am .

The class fee is \$15.

To sign up for this class call 913-281-8908 or email [melissab@sckck.org](mailto:melissab@sckck.org)

### **SPRING TALK BOOKS SERIES**

(TALK: Talk About Literature in Kansas)

There is no cost to participate in this series, as support is generously provided by Humanities Kansas



#### ***That's Funny: Books That Make Us Laugh***

Wednesday, April 3, 2024 - "The Egg and I" by Betty Mac Donald  
- discussion led by: Dr. Carmaletta Williams

Wednesday, May 1, 2024 - "In God We Trust, All Others Pay Cash" by Jean Shepherd - discussion led by Sister Rosie Kolich

Wednesday, June 5, 2024 - "Mama Makes Up Her Mind and Other Dangers of Southern Living" by Bailey White with discussion by Erin Pouppirit.

Discussion is 1pm to 3pm, at Wyandotte United Methodist Church, 7901 Oakland Ave., KCK 66112

The Wyandotte/ Leavenworth Area Agency on Aging and Disability Services will hold a Public Hearing from 10am to noon, Tuesday, April 23, 2024 at the Armourdale Community Center, 730 Osage Avenue, Kansas City, Kansas.

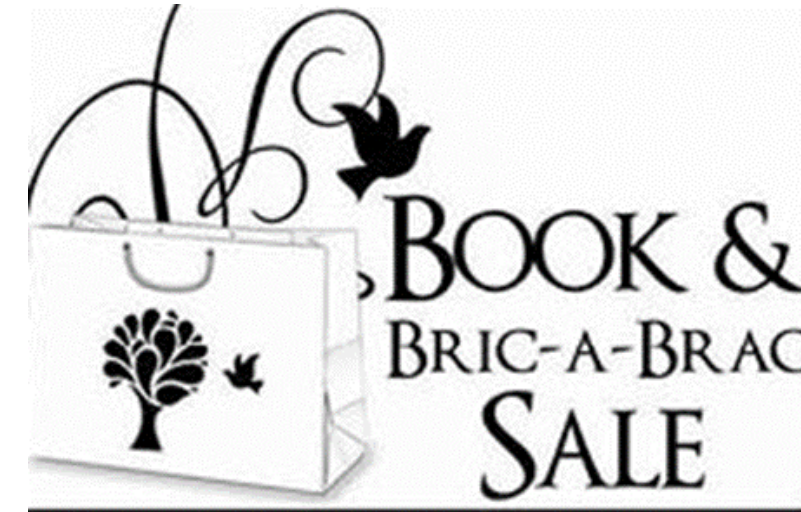
These public hearings offer a great opportunity to learn about programs and services in Wyandotte County. Attendees are also given the opportunity to give feedback regarding senior services. Call 913-573-8531 with questions.



Is your church or organization holding an event? Email us at [melissab@sckck.org](mailto:melissab@sckck.org) and we can share it in our newsletter and on Facebook!

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## **The Shepherd's Center of Kansas City, Kansas**



Annual Used Book and Bric-a-Brac sale benefitting the Shepherd's Center of Kansas City, Kansas

(an interfaith organization helping older adults in Kansas City, Kansas)

**Bargains galore! Books, household items, jewelry, décor and much more!**

**FRIDAY, MAY 3, 2024 – 8am to 4pm**

**SATURDAY, MAY 4, 2024 – 8am to 3pm**

**GRACE LUTHERAN CHURCH, 3333 WOOD AVENUE, KANSAS CITY, KS**

Donations will be accepted at the church beginning at 8am on Thursday, May 2, 2024.

**No clothing or magazines will be accepted.**

Call 913-281-8908 with questions or to schedule donation pick-up. Donations are tax deductible.

*PS: We need volunteer help to organize and run the sale!*

*Can you give us an hour or two on Thursday to set up, or*

*Friday and Saturday of the sale? Call Melissa at*

*the Shepherd's Center office, 913-281-8908 to sign up for a shift!*

