



# Senior Moments



April, 2010

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## A Good-News-Letter of the Capital City Christian Church Seniors Ministry



### Seniors Get Renewed at Lodestar

On Saturday, May 1, thirteen seniors traveled to the Lodestar Retreat Center near Cairo, GA to participate in a spiritual renewal for seniors conducted by Chuck Lee.

In a beautiful countryside, participants learned about their unique behavioral styles, their strengths, spiritual gifts, strategies for developing better relationships with others, and whom they were most similar to in the Bible. They had time to soak in nature, pray, reflect, and enjoy fellowship with one another. They were treated to a delicious lunch by the Lodestar chef.

The overall theme was learning to "love your neighbor as yourself."



### Classes Continue

**Craft Making Classes** and **Exercise Classes** continue to take place on various Saturdays (call 877-7315) or see the list in the church foyer for dates.

As a reminder, the craft classes are open to all ages and provide a great opportunity to learn a craft while also contributing toward the Parable of the Talents Arts and Crafts Festival.

This is another opportunity to meet as a group and enjoy each other's company while helping the Senior Ministry.



### SLRC Has a Home

In the beginning the Senior Life Resources Center was just a dream of the seniors at CCCC. Over the last three years, many activities and events for seniors from both the church and community have been offered and God has blessed the Center with growth.

Unfortunately, there was no "physical space" to call home. However, this changed when the church leadership approved a proposal to designate the old Bykota classroom as a place for the SLRC to "put down some roots."

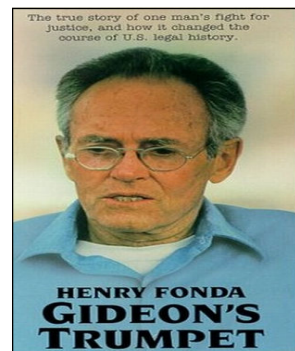
Recently a television was donated that will facilitate DVD lectures and movies, combined with small group discussions. Books are being donated for the Senior Bookshelf reading corner. Magazines are also being collected. Plans are being developed for book discussions and a reader's theatre.

This room will continue to be used for other church classes and meetings.

The seniors are very thankful to the church leaders for their support and willingness to provide this opportunity.

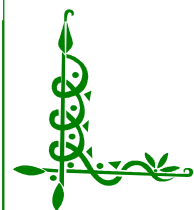
### Al Sulkes to Speak at Lunch and Learn on *Gideon's Trumpet*

Mark your calendar and don't miss Al Sulkes's fascinating presentation of one of the most famous Supreme Court decisions that changed the course of American history: *Gideon vs. Wainwright* (1963). It's the case of a poor man accused of a crime (in Panama City), denied legal counsel, and sent to prison. His plea of innocence and a lonely "one man fight" took him to the Supreme Court where it was ruled that state courts are required to provide legal representation for anyone accused of a crime. A book and movie, *Gideon's Trumpet*, brought national attention to the case. Al will discuss the impact of this case on American history, the moral issues involved, and show portions of the movie, starring Henry Fonda. Al is an outstanding speaker, so don't miss it. **Thursday, May 20, 11:00 a.m.** It's free, reservations required. Sign up in church foyer or call 877-7315.



"Encourage one another and build each one up..."

1Thessalonians 5:11



Voces Angelorum  
Anniversary Concert  
Is a Hit!

Voces Angelorum's 10th Anniversary concert at CCCC on April 25 may have been their best ever performance. They sang their best hits selected from ten years of concerts, offering an excellent variety of beautiful chamber choral music.

Lucas Brown, Chiles High School junior, performed a powerful violin rendition of Kreisler's well-known "Praeludium and Allegro" that earned him a standing ovation from an enthusiastic audience.

Nearly 200 audience members stayed for the anniversary reception following the concert. It was an excellent evening.



Friday Night Sights

Koinonia Café

The grand opening of the Koinonia Café took place on Friday night, April 30, offering a wholesome evening of fun and entertainment for the whole family, young and old, church and community.

Those who stopped by after dinner enjoyed a variety of desserts and snacks, conversation and fellowship, table games, ping-pong, and entertainment by vocalist Gary Hudson. It was a relaxing fun night for all.

The Koinonia Café is a fundraiser for the seniors ministry and is designed for all ages, providing a great place to "hang out" on a Friday evening. The date for the next Café evening will be announced soon.

News You Need to Know

Our prayers and words of encouragement are being sent to :

**Margaret Colson** whose husband suffered a stroke recently and is presently receiving care at Centre Pointe Health and Rehab Center.

**Muriel Lee** is going through a slow, but hopefully a very successful recovery, following a procedure to reduce the pain in her leg and ankle. We pray both of our ladies, with God's help, will find the strength to look ahead to brighter days.

The Arts Help Fight Alzheimer's

Research shows the arts have a positive effect on Alzheimer's patients. Visual art (viewing and doing) reduces aggression, agitation, apathy, and anxiety. Music relaxes patients and songs from the past can foster conversation. Dancing increases brain chemicals that stimulate cells to grow. People recall forgotten memories dancing to music they used to know.

The Importance of  
Living Every Moment

After learning that he had terminal cancer, Professor Randy Pausch decided that in his "last lecture" he would share some of the things he learned about life. Here are a few of his points:

1. Time must be managed. Don't waste time on life's irrelevant details. Decide what is important and do it.
2. You can always change your plan, but only if you have a plan. Set goals. Make to-do lists and clearly identify what you want to accomplish.
3. Ask yourself: Are you spending your time on the right things: You may have goals and interests, but are they worth pursuing? Do what really matters and spend time with people you love.
4. Take time out every day. Stop and take a break. Order yourself to take time to appreciate life and God's blessings. Time is all you have, and you may find one day that you have less time than you think.

Randy died a few months after writing his book, *The Last Lecture*. He left a wife and three small children. He lived life abundantly... right up to the end.



Dr. Bruce Bickley  
Gives Insights into Brer  
Rabbit Legacy

Over 100 church and community members gathered at CCCC on Thursday, April 29 for a Lunch and Learn that featured Dr. Bruce Bickley speaking on "Joel Chandler Harris and the Brer Rabbit Legacy."

This event was the first joint effort by the Leon County Senior Outreach (Tallahassee Senior Foundation) and CCCC's Senior Life Resources Center (SLRC). Dr. Bickley, who is an expert on Harris, used film, photos, and book illustrations to give a vivid overview of Harris. The day also included exhibits by twelve community agencies, including health screenings. The CCCC senior ladies provided an excellent lunch for everyone (thank you, ladies!) One participant summed up the day: "What a wonderful and informative event this was. I had no idea about the moral and social issues behind the Uncle Remus stories. Dr. Bickley was so interesting. I can't wait until the next Lunch and Learn."

Thought for the Day: Never look down on anybody, unless you are helping them up.