



Senior Moments



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

Ambassadors for Aging Day Set for March 10

Seniors are encouraged to attend the annual Ambassadors for Aging Day at the State Capitol, **March 10**, from 10:00 a.m.—2:00 p.m.

This informative event is free and includes speakers, entertainment, exhibitors, health screenings, tours, and a lunch.

Arts and Crafts Classes Begin

Open to all ages, the year's first craft classes began Saturday, March 6, at 9:30 a.m. No experience is needed to attend these classes. All materials are furnished.

The classes are designed to create crafts for the Parable of the Talents Arts and Crafts Festival set for **October 30**. Crafts are also being created for children in Jamaica and Africa. The second craft class will take place on **April 3 at 9:30 a.m.** The classes are free and open to the public. Call 877-7315 to sign up.

We wish to thank *with all our hearts* all who supported the seniors' joy gift valentine candy fund raiser!!

Early Worship Service Added

A new 8:30 a.m. service is now available for those who prefer a more traditional worship service, including the singing of favorite hymns from a hymnal. One senior who attended the early service commented, "It means so much to have this option. I like to come early and I love the traditional worship. I enjoy the informal fellowship afterwards also."

The early service will continue as scheduled except on Easter Sunday, **April 4**, when it will meet at the 10:45 service for the church choir's presentation of the musical, "**When I Survey the Wondrous Cross.**"

More information in the column on the right.

Mark Your Calendar



Youth to Host "Dinner for the Wise"

This year's "Dinner for the Wise," which is a special dinner cooked for seniors by the youth and parents (they do a great job), is set for **Sunday, March 21** at noon. This year the event will be more of an intergenerational affair with the meal and activities being shared mutually by youth and seniors. Seniors will be providing the dessert (if you can help with this, please sign the dessert sheet in the church foyer).

+ Rejoice, Rejoice



The Capital City Christian Church choir will present the musical, "**When I Survey the Wondrous Cross**" on Easter Sunday, April 4, during the 10:45 a.m. service.

The musical, which is free and open to the public, will also be presented Saturday night, April 3, at 7:00 p.m. Plan to attend and bring your friends.

"Wisdom and knowledge shall be the stability of thy times,
And strength of salvation...."

Isaiah 33:6



Swing...



Senior Exercise Continues

Thirty seniors have been gathering on select Saturday mornings to enjoy exercise and fellowship.

Two classes are now available and meet at the same time in different rooms. One class focuses on ballroom and line dancing. The other class offers chair exercises that include stretching, chair aerobics, balance movements, and working with light weights.

The classes are free and open to the public. Call 877-7315 to sign up.



...and Sway

Informal Bible Study Open to All

Looking for a weekday, informal Bible study with interesting discussion and great fellowship? Join the Wednesday afternoon group study that meets at 1:00 p.m. in the church library and is currently examining the life of Christ.

Senior Day Set for Chaires

The monthly Senior Days at Chaires-Capitola Community Center, sponsored by the Tallahassee Senior Center, is set for **Tuesday, March 23**, at 10:30 a.m. It includes a speaker, exhibitors, and a lunch (\$6.00 donation suggested). If you plan on going, please sign the sheet in the front church foyer or call 877-7315.

News You Need to Know

Bob Graham —

Fell at home, injured his hip, and will be having x-rays. Include him in your prayers.

Miller Baker —

Continues to recover from her hip surgery. She says she is doing well. Continue to pray for her progress.

Carl and Gladys Newland —

Remain in Broadview Assisted Living. They enjoy visits and appreciate prayers.

Spiritual Renewal for Seniors

Set for May 1

A special one day retreat for seniors has been scheduled for **May 1**, 8:30 a.m.-3:30 p.m. and will take place at Lodestar Retreat Center near Cairo, GA (30 minutes from Tallahassee), in a beautiful rural setting. Participants will enjoy a spiritually uplifting seminar that will help them discover their God-given strengths and how these can be used to relate more effectively with others; they will also learn which Bible characters they are most similar to and why. The fee of \$30 covers morning coffee, snacks, lunch, and retreat expenses. The seminar is free. Participants will have time to reflect, pray, walk the grounds, sit, chat, and enjoy fellowship. Space is limited so sign up early in the church foyer or call 877-7315.

Seniors to Attend Passion Play

Seniors will be attending the North Florida Baptist Church's Passion Play on Saturday, **March 27**, at 6:00 p.m. The production is a powerful musical drama with a large cast. It is free. Sign up in the CCC church foyer or call 877-7315 (we must obtain tickets in advance).

Don't forget to drop off books, DVD movies or magazines **particularly meaningful to seniors (box in Bykota room) for the new senior book shelf coming soon.**

Thought for the Day: People want the front of the bus, the back of the church, and the center of attention.