



Senior Moments



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

**Koinonia Café
Opens April 30**

Voces Angelorum Concert

**Dr. Bickley to Speak
at Lunch and Learn**

In an effort to provide a **wholesome gathering place** on Friday evenings for **all ages** and also serve as a fundraiser, the Seniors Ministry will open the Koinonia (“fellowship”) Café beginning **Friday, April 30, 6:30 p.m.**



Women's Chamber Choir and Charles Witmer, Director

Everyone is encouraged to stop by after their Friday evening dinner and enjoy desserts and snacks at a very reasonable price (you don't have to purchase anything). Enjoy fellowship, table games, dialogue, and sit and listen to local singing sensation, Gary Hudson. He will be singing mellow hits from the 60s and 70s (it's worth your time to just come and hear him sing).

Treat yourself to a pleasant evening out. Come and support this new concept.



Word to the Wise

Being young is beautiful, but being old is comfortable.

Set for April 25

Voces Angelorum (“Voices of Angels”), Tallahassee's premier women's chamber choir, will be celebrating its 10th anniversary in a celebratory concert right here at Capital City Christian Church, Sunday April 25, at 6:00 p.m.

Charles Witmer, director stated, “We have selected our best songs from ten years of concerts, including Songs of Praise, Songs of Beauty, and Songs of Joy. Our goal is to make this our very best concert, uplifting and inspirational. We have a nice variety, everything from Knaut's rhythmic “Praise the Lord” (Psalm 148) to Mendelssohn's moving “O Praise the Lord, Ye Children” to the fun spiritual “Joshua Fit the Battle” to Handel's “Music Spread Thy Voice Around.”

Lucas Brown, Chiles High School junior, violinist with the Tallahassee Youth Orchestra, will be the featured artist, performing Kreisler's “Praeludium and Allegro.”

“We love performing at Capital City Christian Church,” Witmer stated. “It's a perfect venue for our tenth anniversary celebration.”

The concert is free and open to the public. A 10th anniversary reception will follow.



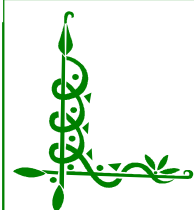
Do you remember Joel Chandler Harris's stories about Uncle Remus, Brer Rabbit, Brer Fox, and Tar-Baby? Disney made a movie of the characters in “Song of the South” and introduced the academy award winning song, “Zip-A-Dee-Doo-Dah.”

Dr. Bruce Bickley, FSU Emeritus Professor, is an expert on Harris and has written extensively on the famous author. He will be speaking at the Lunch and Learn on **Thursday, April 29, at 11:00 a.m.** His topic is: “The Complex Legacy of Joel Chandler Harris's Uncle Remus Tales: Why Brer Rabbit, Brer Fox, and the Tar-Baby Are Still Causing Trouble.” He will address spiritual and moral issues and will be giving away one of his signed books as a door prize. To attend, sign up in the front church foyer or call 877-7315.



“He is not here; He has risen!...”

Luke 24:6



Seniors Enjoy

News You Need to Know



Continue to pray for our seniors (cards, visits are also appreciated):

Paul and Lois Bryant, Bob and Millie Graham (Bob sprained his knee), **Rex and Mary Hamm, Carl and Gladys Newland, Martha Odom.**

Dinner for the Wise

Seniors were treated royally at the “Dinner for the Wise” event sponsored by the Capital City Christian Church youth on March 21. Coordinated by Nathan Allcorn, parent sponsors, and a terrific group of young people, this special occasion was truly enjoyable.

Seniors felt very special as they were served a delicious meal and were then joined at the tables by the young people. Everything was planned to perfection. The tables were decorated with a garden motif, including plants, later given as prizes for the games. The games after the meal were designed to make this an intergenerational event as seniors and youth worked together on each activity.

One senior member summed it up for everyone, “This was so nice. They worked so hard on the decorations. The food was delicious. I had so much fun getting to know these nice young people. I enjoyed playing games together. They made us feel so special.



I hope they had a good time too.”



Easy Chocolate Sauce Recipe

Ingredients: 1/2 cup cocoa, 1 1/4 cups sugar, 1 can 13.5 oz. evaporated milk, 1/4 lb. butter, 2 tsp. vanilla.

Mix well first three ingredients, bring to a boil, boil 5 minutes; remove, add butter and vanilla.

Ummmm, so good!

Senior Spiritual Renewal Planned for May 1

Don't miss this opportunity to discover your God-given strengths and which Bible characters you are most like. There will be time for fellowship and personal reflection while enjoying a countryside of animals, meandering hills and a spring-fed lake. Join other seniors at the **LodeStar Retreat Center** for this one day event, **8:30 am-3:30 pm**. Cost is \$30 which includes morning snacks, lunch, and Retreat Center fee. Sign up in the church foyer or call 877-7315. There will be bus transportation.

Take time to reflect what is really important in life.

Exercise Groups Enjoy Potluck Dinner

After a workout in the morning at their regular classes on Saturday morning, March 13, members of both the Chair and Dance Classes met at the Mission San Miguel Community Center for a potluck dinner, dancing, and a lot of fun conversation.

St. Patrick's Day decorations prevailed, and a game or two followed the Irish theme.

Many thanks to all who contributed time, food, and their presence to make this a success.



U.S. Senior Population is About to Explode!

The latest report from the U.S. Census Bureau states there is a staggering boom in the senior population. In the next five years, it is projected there will be a 40% increase. By midcentury this population will more than double, going from 39 million to 89 million. The shift in this age structure poses real challenges to society, families, businesses, health care providers, and definitely to churches. It behooves all of these groups to plan now to deal effectively with this rapidly increasing age group.

A Little Humor

Message on a Church Sign:

“Lord, please help me be the kind of person my dog thinks I am.”



Thought for the Day: The Will of God will never take you where the Grace of God will not protect you.