

Coming Events

**December 5—Capital Chordsmen
Christmas Concert**

Sunday, 6:00 p.m. See story inside for details.

**December 7—Chelsea House
Benefit Banquet**

Tuesday, 5:30 p.m. Doors open, 6:30 p.m. , dinner and program.
See story inside for details.

**December 11—Christmas Reflections
at Defuniak Springs**

If you have signed up for this trip, we will depart from the church parking lot at 3:00 p.m., on Saturday.

**December 12—Senior Christmas
Potluck**

Sunday, noon. See story inside for details.

**December 25—Feed the Homeless
Christmas Day at Hope House
from 11:00-2:00 p.m. See story
inside for details.**

Bible Study—Open to All

This class meets each Tuesday morning at 11:00 a.m. in the church SLRC room. See story inside for details of the ongoing class study.

***SEE SLRC COMING EVENTS
LISTED ABOVE***



Senior Life Resources Center

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Senior Moments



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Capital Chordsmen to Perform Joyful Christmas Concert

According to Chordsmen president, Steve Jacobsen, this year's Christmas concert is going to be one of their best shows. "It's got something for everyone," he said. "We've got great songs selected, including many beautiful carols as well as more recent popular tunes. It's going to be wholesome family entertainment that will put everyone in the Christmas mood. And it's all in barbershop harmony."

Song selections will include such favorites as "Lo, How a Rose E'er Blooming," "Angels We Have Heard on High," "Silent Night," "O Little Town of Bethlehem," "I'll Be Home for Christmas," "Jingle Bells," "White Christmas," and many more. There will also be a sing-along with the audience.

"We'll also have songs by quartets," Jacobsen said, "and, of course, the popular singing puppets, plus the Bethlehem Boys will sing several songs. And we couldn't do a Christmas show without Santa Claus."

The year's special guests, The Silent Monks of Molalla, will perform "The Hallelujah Chorus" without uttering a word. "You have to come to see how this works," Jacobsen said. "It's bound to steal the show. These monks are amazing. Whatever you do, don't miss their performance!"

This joyful concert is set for **Sunday, December 5, at 6:00 p.m.** It is **free and includes a Christmas cookie reception.**



Opportunity to Help Chelsea House

Throughout the year, seniors have been helping Chelsea House by donating clothing and household items for the Chelsea Thrift Shop, mentoring, providing administrative assistance, and by visiting and purchasing Thrift Shop items. (There are some great buys for the holidays.)

On December 7, at 5:30 p.m., Chelsea House will host a benefit banquet at the FSU University Club. CCCC will be reserving one or more tables to help with the benefit. The dinner is provided but each guest is asked to give a donation. Although the deadline is past, contact Ann Putnam (222-1819) or Essie Stull (656-1726) to inquire about any cancellations, if you are interested—or to simply offer a donation. Chelsea House, under the direction of Beth Burns, does a tremendous job of ministering to homeless and helpless women and children.

Bible Study Is Open to All

Have you ever wondered what took place in early Christianity between the time of Jesus and 300 A.D.? If you are interested, you are invited to attend an on-going class each Tuesday morning at 11:00 a.m., in the church SLRC room. The class views a 30 minute DVD lecture and then discusses the topic. Interesting historical facts and insights are offered by award winner professor, Dr. Bart Erhman.

SLRC Receives Invitation

Two weeks ago we received a call from Janine Harris of the State Department of Elder Affairs. She complimented us on our seniors' ministry and our involvement with the community. She invited us to give a presentation about our seniors' ministry at the Statewide Inter-Faith Conference in February. We are pleased to receive the invitation and hopefully will be able to present at the conference.

"And the Word was made flesh, and dwelt among us...."
John 1:14

News You Need to Know

Paula Hubert—

As we went to press on Wednesday, Paula had heart surgery. She had four by-passes and was doing well. Please continue to pray she will have a steady and much improved recovery.

Senior Christmas Potluck Set for December 12

Seniors are reminded of their Christmas potluck set for Sunday, December 12, at noon. All are welcome. Bring your favorite Christmas dish, enjoy the food, fellowship, and a Christmas movie.



Seniors Enjoy Callaway Gardens

A bus load of seniors travelled to Callaway Gardens on November 19-20 to enjoy a tour of the famous Fantasy in Lights. After enjoying a delicious buffet dinner, the group boarded the trolley and cruised (with Snowflake the horse) through millions of sparkling Christmas lights and holiday scenes. The air was crisp, the moon was bright...and all was perfect for the group to enjoy the Christmas music, sing carols, and take in the spectacular display of lights.

After a night's rest and a morning breakfast at the Mountain Inn, the group had a guided tour of the gardens, including the Memorial Chapel, the Butterfly Center, the Horticulture Center, and the Discovery Center. It was peak season for the fall leaves and every stop was filled with brilliant red, orange, yellow, and brown colors. The second day ended with lunch at the Country Kitchen, overlooking the peaceful valleys and hills of Pine Mountain.

The trip was inspiring and filled with lots of great fellowship. A great time was had by all.



Ken Cormier

One of our dear "senior friends" and faithful servants, Ken Cormier, passed away on Saturday, November 27. Our sympathies and prayers are extended to his wife, Dona, another one of our "senior friends."

"...But I will see you again and you will rejoice, and no one will take away your joy." (John 16:22)

God is Like Scotch Tape

You can't see Him,
but you know He's there.

God is Like Dial Soap

Aren't you glad you have him?
Don't you wish everybody did?

Help is Needed to Feed the Homeless and Hungry on Christmas Day

Ann Putnam is coordinating volunteers and food items to help Hope House feed hundreds of homeless and hungry men, women and children on December 25, from 11:00 a.m. to 2:00 p.m.

Individuals who are able to help serve for any length of time are asked to sign the volunteer sheet in the church foyer.

"We are also collecting food to help with this meal," Ann said. "We need chickens, turkeys, hams, collard greens, canned sweet potatoes, canned vegetables, and desserts. These items are needed in advance of the 25th and can be dropped off at Hope House, 2302 W. Tennessee St., or at the church, 6115 Mahan Drive. Christmas gifts for children ages 1 to 12 are also needed. Donations are always welcome since expenses for the tent, tables, chairs, pans, port-a-pots, etc. exceed \$3,000." Paper goods are also needed, including large paper plates, napkins, plastic utensils, paper towels, and toilet tissue.

Please help the homeless...you will be blessed. "For I was hungry and you gave me something to eat..." (Matthew 25:35). For information, call 877-7315.



Meet Nancy Smith

Nancy Smith has always admired art and decided three years ago to take painting classes at the Senior Center. She has developed steadily as an artist and recently entered two of her oil paintings in the "Insiders Art Show" at the Tallahassee Senior Center.

"I really enjoy painting," she said. "And I enjoy taking classes to learn more about it."

Nancy is an example of someone who finds new things to do in retirement. It's an opportunity to do things you've always wanted to do.

Nancy was born in Lancaster, Kentucky and has resided in Tallahassee with her husband, Lacy, since 1965. She worked for the state as a clerk typist before retiring. She has two children and one grandchild. Look for Nancy's paintings soon to appear in the SLRC art gallery.

Easy Christmas Fudge Recipe

1 12 oz. pkg. semi-sweet chocolate chips
 1 14 oz. sweetened condensed milk
 1 1/4 cups walnuts, chopped
 1 tsp. vanilla
 Combine first two ingredients over hot water. Stir until smooth. Add walnuts and vanilla. Spread into foil-lined 8" square pan. Chill until firm, about 2 hours. Enjoy!!

A Little Humor

It's always nice to receive
 A Christmas card in the mail.
 But I can't return the favor
 Until postage goes on sale.

Quit griping about your church
 If it was perfect
 You couldn't belong.

Role of the Mind in Aging

Recent NIH studies have shown that the mind plays an important role in a person's ability to age well and feel content at an elderly age. Staying engaged in activities and maintaining good social relationships help older people retain cognitive functioning.

Dr. Gloria Sarto lists the following attitude factors that help older adults age well:

- (1) positive self-esteem
- (2) feeling a sense of independence
- (3) quality relationships, and
- (4) seeing life as meaningful, including spiritual purpose

Sarto said that resilience is vital. Those who do well are able to find something positive in the face of adversity. They see an ordeal as an opportunity to learn.

Thought for the Day:

A lot of kneeling will keep you in good standing.