



Senior Moments



September, 2009

Volume 2, Issue 9

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

Coming Events

Senior Exercise Class
 October 10, 31 10:00 am
 Tour of Hope House
 October 10
 Senior Ladies' Tea
 October 17, 11:00 am
 Swamp Gravy Trip
 October 24
 Tri-State, Seniors Volunteer
 at Hope House
 November 6-7
 Senior Potluck/Movie
 November 15



Senior Ladies' Autumn Tea Set for October 17, 11:00 AM

Designed to make every lady in attendance feel honored and special.

The elegant occasion will celebrate the Autumn season with fall-time delectables (i.e., biscotti, scones, Devonshire cream, pate delicacies, teatime sandwiches, mini-salads, pumpkin desserts, carrot cake, etc.) and, of course, hot savory tea. Laura Mann of *All Things Tea* will give an informative talk on tea and give those in attendance an opportunity to taste a variety of teas, especially those from Britain and Ireland. She will have a display of teas, teatime books, etc. Laura is a graduate of several "tea institutes" including Tea 101 Master Class, Specialty Tea Institute, and Tea & Etiquette Master Class. Popular vocalist Wayne Hudson will provide entertainment. Reservations required. Sign the list in the church foyer or call 877-7315 to reserve a spot.

Arts & Crafts

Festival Draws Near

Help is needed for the Second Annual Parable of Talents Arts and Crafts Festival, **November 14, 9:00 am-1:00 pm**. Many are making crafts, but more are needed; also, baked goods. A Book Fair will be part of the Festival and donated books will be appreciated. All proceeds go toward Seniors Ministry events and activities. If you can help with any of these items, please contact Dona Cormier at 942-8208.



Capital Chordsmen in Concert

On **Sunday, December 6, at 6:00 PM**, the **Capital Chordsmen** will perform an old-fashioned **Barbershop Christmas Concert**. This popular group of 30 men enjoys singing barbershop harmony and always presents a lively concert that appeals to all ages. They are in great demand so we are fortunate to have them performing for us. For this concert, they will be singing unique arrangements of all the old familiar Christmas carols. A reception will follow the concert and will include homemade Christmas cookies. The concert is free and open to the public.

"My eyes are ever toward the Lord....."
Psalm 25:15



Senior Companionship and Care Service is Launched

To help meet a growing need in the church and community, the Seniors Ministry has developed a Senior Companionship and Care Service. Howard and Joanne Steele are coordinating this effort.

This service is designed to provide companionship (such as going to the home and giving caregivers a break or simply spending time with seniors who are somewhat confined to home and would appreciate some company) and basic care (helping with things such as running errands, taking seniors to the doctor or grocery store, reading to them, etc.). This service is designed to help with basic needs but is not meant to be professional health care.

More information will be provided in the near future. If you have any questions or know someone who needs this type of service, contact Howard or Joanne Steele, 942-7442.



Rehwinkel Vasilinda Speaks at Lunch and Learn

On Thursday, September 10, Michelle Rehwinkel Vasilinda, Florida House Representative, spoke to seniors at a Lunch and Learn about current legislative issues and practices. She stated that she focuses on what she calls the 5 E's in her legislative work: Education, Environment, Energy, Economy, and Excellence.

She shared that her goal is to make every single day count and to serve like every day is her last. She is committed to doing everything she can to help seniors whom she feels fail to get the respect and fairness they deserve from legislators.



Representative Rehwinkel Vasilinda was very well received by the seniors. She stated her views and then answered questions raised by the group. "I'm glad I came," Ken Blanchard said. "This was very interesting and helpful."

A soup and salad luncheon followed the presentation.

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The Following Note Was Received from Pat and Susan Weber

"To all the Senior Saints. Thank you so much for the memories book. We have read it and looked at all the pictures several times already. You are all so special to us. Thank you for the generous gift card. I think I'm going to use it for an area rug for the dining area under our new table and chairs. There are a lot of seniors down here, but none of them are as loving and giving as you all are (except my mother).

In Christ's Love,
Susan and Pat

Health News

A recent study by the American Heart Association suggests that seniors are not getting enough Vitamin D. The study suggests vitamin D may help protect against heart disease, arthritis, diabetes, osteoporosis, and certain cancers. Minimal exposure to sunlight is the easiest way to get enough of the vitamin, because the body uses ultraviolet rays from the sun to make vitamin D. Seniors are warned that a little sun exposure is good, but not too much. Talk with your doctor about your need for vitamin D.

You're getting old when friends don't ask how you feel but ask where you hurt.

Thought for the Day: Count your blessings, not your problems.