

Senior Moments

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



Come One, Come All

One of the biggest events of the year will take place **Sunday, August 30, at 6:00 PM.** This is when the sixteen member **Tallahassee Swing Band** will be performing in concert at Capital City Christian Church, playing all the great swing hits of the 1930s, 40s, and 50s, when big band music dominated the popular music scene.

The concert will feature such nostalgic favorites as "St. Louis Blues," "In the Mood," "Sentimental Journey," "Swanee River," "Boogie Woogie," Armed Forces theme songs, patriotic

songs, show tunes, and such spirituals as "Yes, Indeed" and "Just a Closer Walk with Thee." Two vocalists will be singing some of the numbers.

This is a rare opportunity to hear this band in full concert, and it's FREE. **Don't miss it!!**

Coming Events

Senior Exercise Class
September 12, 26, 10:00 am
Craft-Making Class
September 19, 9:30 am
Georgia Train Tour
October 2-3
Senior Ladies' Tea
October 17
Swamp Gravy
October 24



Rehwinkel-Vasilinda to Speak at Lunch and Learn

With all the concerns about the economy, health care reform, city-county-state budget cuts, social security problems, and more, the timing couldn't be better for Michelle Rehwinkel-Vasilinda, Florida House Representative from this district, to

speak at our next **Lunch and Learn, Thursday, September 10, at 11:00 AM.** She stated, "I look forward to this chance to share with your senior group, and discuss topics so important to all of us."

This is an excellent opportunity to get informed about issues vital to seniors and to ask questions about these topics. You will not find a better opportunity to dialogue with your representative. A free lunch will follow the presentation. Sign up for this event in the church foyer, or call 877-7315 to reserve a spot.

"Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord."

2 Peter 1:2



We Bid Farewell
to
Susan and Pat Weber



Marianne Moore once said, "The heart that gives, gathers." Two people who have given so much to the seniors' ministry are Pat and Susan Weber. That's why we find it difficult to say goodbye to them as they move to a new location and start a new phase in their lives. Susan has been so helpful in typing announcements, making copies for senior events, printing newsletters, and always willing to go beyond the call of duty to be of assistance. Pat has been the ultimate gentleman bus driver, taking the seniors to such places as the Watermelon Festival, Callaway Gardens, the Holy Land Experience, and always being there to help with luggage, packages, and other travel items. Their "giving" always comes with a cheerful heart. In addition, their attendance at the various senior events has been extremely encouraging. They have been a model of support. We pray that God will bless them in their new endeavor and as they have "given" to us, we hope they have, in some small way, "gathered" a few special memories from their time with us.

Mission Work at
Hope House Continues

Did you know over 100 men are housed at Hope House Rescue Mission each year?

And did you know these men are helped to get jobs, taught how to handle basic life skills such as handling bank and savings accounts, and taught how to have daily time with the Lord in study and prayer?

All of this takes a lot of work, prayer and mission service. Danny Heaberlin and his wife, Cha, do a wonderful job of helping to make this mission effort happen. But they need help.

Ann Putnam, coordinator of CCCC's seniors ministry's efforts to help Hope House, and Chuck Lee recently met with Danny Heaberlin to discuss Hope House needs. "Every little bit helps," he said. "Just getting basic household items really helps to cut down on our expenses. We appreciate everything Capital City Christian Church does for us. They are so supportive. It means so much that the seniors from the church are interested in helping us."

For now, paper goods are being collected to help Hope House (some have already been collected and given to Hope House). **Everyone in the church can help with this.** Please bring in one or more of the following items and place them in the containers in the foyer: **paper plates, Styro-foam cups, paper towels, toilet paper, paper napkins.** Hope House thanks you.

Below: Ann Putnam and Danny Heaberlin



Home Cooking & Movie

Do you know a place to get tasty home cooked food, have a chance to meet with friendly people, and be inspired by an uplifting movie?

It's right here at CCCC fellowship hall! **Join us Sunday, Sept. 20 at noon.** All senior church and community members: fix a covered dish and come ready to have a good time!

Elder Abuse Awareness
Training Offered

The Tallahassee Senior Center's Health and Wellness Department is sponsoring an Elder Abuse Awareness Training on **Monday, Sept. 21, 11:00 AM—Noon.** It will equip participants with the tools to identify signs and types of elder abuse. If you are interested in this training,

Thought for the Day:

Remember: Amateurs built the Ark....Professionals built the Titanic.