



Senior Moments



December, 2009

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

IT WAS A VERY MERRY CHRISTMAS, AND . . .

Capital Chordsmen Wow the Audience

On Sunday, December 6, a house-filled audience gathered at CCCC to enjoy The Capital Chordsmen's "Old-Fashioned Barbershop Christmas Concert," sponsored by the seniors' ministry. What a holiday treat it was!

CCCC's Victorian Brass Trio welcomed visitors in the church foyer with a variety of Christmas tunes. The Chordsmen then performed a wide selection of Christmas hymns and carols, singing everything from "Hark! The Herald Angels Sing" to "I Heard the Bells on Christmas Day."

Santa Claus narrated the nativity story during the first half of the concert. The performance also included four barbershop quartets and Paul Maurer's "Reignbow Puppets." The concert was followed by a Christmas cookie reception with more music by the Brass Trio.

At the reception, one elderly lady summarized the evening: "This was really a first-class event, a wonderful concert. It sure put me in the Christmas spirit. I don't get out much, but I'm so glad I came. You have no idea the joy it gave me. Thank you and everyone who helped make it happen."



Fantasy of Lights Brightens Season

A group of seniors met at the Lee home Tuesday, December 15, boarded the bus, and traveled to Dorothy B. Oven Park to tour the "fantasy of lights." It was a perfect night to stroll the grounds and enjoy the sights and sounds of the Christmas season. On the way home, the bus stopped at a home that had an amazing digital light display, synchronized to Christmas music. After the tour, the group enjoyed Christmas cookies, hot mulled cider, and fellowship.



Serving the Hungry on Christmas Day

On Christmas day, seniors and others from CCCC took time out from their holiday activities to go to Hope House and help serve the homeless and hungry.

Approximately 400, including women and children, were served. Gifts were also distributed to the children. This service and all the donations of chickens, turkeys, and hams by CCCC members were greatly appreciated. Thank you!

In his book, "The Hole in Our Gospel," Richard Stearns states, "If we in the church are truly dedicated to do something about the *Great Commission*, then we first have to do something about the *Great Omission*. We will never effectively demonstrate Christ's love for the world if we...do not first serve those who are struggling just to survive." It is estimated that somewhere in the world a child dies every five seconds from hunger-related causes.

Faith in Action



A Victorian Christmas Experience

On Friday, December 11, a group of seniors boarded the bus and traveled to Thomasville, GA to enjoy a Victorian Christmas. The weather set a Christmasy mood with wintry temperatures and a cool breeze. Warm coats were definitely needed.

Not many Victorian-dressed individuals were visible, but the brick paved streets were lined with food vendors (hot chocolate hit the spot), all shops were open, carriage rides were plentiful, and Santa was ho-ho-hoing. Most important, it was a great evening of fellowship.

"Oh, taste and see that the Lord is good;
Blessed is the man who trusts in Him!"

Psalm 35:8



NOW, LET'S HAVE A HAPPY NEW YEAR!!

Taster's Delight Set for February 6



The Seniors' ministry's Third Annual **Taster's Delight** will take place **Saturday, February 6, at 11:00 a.m.**

The event will include the unveiling of the Senior Life Resources Center's **2010 Calendar of Events**, a wide selection of gourmet food to taste and enjoy, and entertainment.

Reservations are required for this much anticipated event and can be made by signing the reservation sheet in the front church foyer or by calling **877-7315**. Those in attendance will have the opportunity to sign up for some of the scheduled events/trips throughout the year.

Come and help launch the best ever year of activities—**something for everyone!**

Health Notes

According to a report in *Senior Journal*, seniors aged 60 or older—among the most likely to develop type 2 diabetes—can cut their risk of developing the disease over the next ten years **in half** with intensive lifestyle changes that include increased physical activity and sustained weight loss. This is another important reminder about the benefits of exercise and weight loss (for all ages)...and eating those fruits and vegetables.

UVA browns your skin; UVB burns your skin. Researchers used to think UVB was the most carcinogenic, but now they have found UVA adds to the UVB damage, so there is nothing healthy about a tan. It is recommended that an SPF 30 is needed to properly protect your skin.

Some people are more at risk because of medications they take, i.e., antibiotics, diuretics, cold and allergy medications.

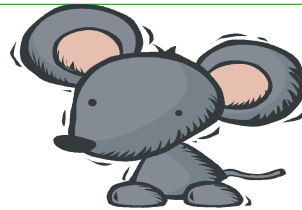
What do you do if you see changes in the number, size or shape and color of moles, freckles or a birth mark?

See a dermatologist pronto!



A Little Humor

After an atheist died, a friend looked at him in the casket, shook his head, and said, "Hmm, all dressed up and no place to go."



Have You Heard?

Our next issue of Senior Moments will have a new feature article we hope you will read every month.

Many times we hear either good news, or not-so-good news regarding members of CCCC. It is often difficult for us to keep track of what has happened regarding the person after a period of time.

Hopefully, with your help, we will be able to give you updates on our church members, so you will be able to brighten their day with a phone call, card, or a visit from time to time. We will also try to inform you when our seniors become grandparents, their children graduate from college, updates on members who have left Tallahassee and have news to report.

You can help by contacting Chuck and Muriel Lee, or Essie Stull if you have any information to contribute.

Super Bowl Dip Recipe

- 8 oz. Cream cheese 2 Tbs. chopped green onion
- 1 Tbs. Milk 1/2 cup sour cream
- 1 1/2 oz. Dried beef, chopped 2 Tbs. chopped onion
- 1/3 cup chopped walnuts

Blend cream cheese and milk. Add next 4 items. Mix well. Spoon into 8" pie plate. Sprinkle with walnuts. Bake at 350 degrees for 15 minutes. Serve hot with crackers or chips.