

# Senior Moments

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

### Tallahassee Swing Band Sunday, August 30

There's excitement in the air! Tallahassee's renowned Swing Band is coming to Capital City Christian Church on **Sunday, August 30, at 6:00 p.m.** This is a rare opportunity to hear the popular band play a full concert.

Music will include Big Band Classics from the 30s, 40s, 50s, such as "Closer Walk with Thee," "Yes, Indeed," "Sing, Sing, Sing," "Swanee River," "In the Mood," "Sentimental Journey," "St. Louis Blues," "Armed Forces Theme Songs, Show Tunes and more. The sixteen band members and the vocalists will help you relive the Big Band Era, playing songs that never grow old.



Sponsored by the Seniors Ministry, this free concert is open to the community and people of all ages. Don't miss this opportunity to hear one of Tallahassee's finest treasures.

### Exercise Class Keeps Everyone Moving



Senior exercise class participants enjoy getting exercise while learning basic steps to the waltz, foxtrot, and line dancing. They will soon be learning other dance steps as well. When Essie Stull, instructor, asked class members if they thought learning dance steps was a little more difficult than they originally thought, most of them raised their hands.

"This exercises your mind as well as your body," Howard Steele said. "There's a lot to remember." Other class members agreed with Howard and expressed appreciation that they get to learn a little bit at a time and then, before moving on, they get to practice all their steps.

### Seniors Tour Hope House

As part of the seniors' plans to serve Hope House, a tour was set up by Ann Putnam to give the seniors a firsthand view of this mission effort. The Hope House manager gave the seniors a tour of the entire home and grounds. Being able to actually see the home and the work that is done helps the seniors have a personal connection to what Hope House is all about. Another tour is planned in the near future.

To help cut Hope House expenses, the seniors are collecting items needed by the home's residents. Please help by placing one or more of the following items in the receptacles in the church foyer: paper plates, Styrofoam cups, paper towels, toilet paper, paper napkins. In a few weeks a different list will be supplied.

The seniors ministry is happy to support this mission effort in Tallahassee, which does a great service and spreads God's Word to the residents of Hope House.

### Craft Making Class Has Great Response

Twenty-two eager craft makers showed up for the first craft making class. "This was a great response to our first class," Dona Cormier stated. "It's a great way for people to learn something new, have fun, and make items for our Arts and Crafts Festival." (November 14)

Participants could choose from five different stations: pine cone wreath making (Dona Cormier), Victorian kissing globes (Ann Wilder), block printing (Mike Seay), napkin fringing (Muriel Lee), and chocolate spoon dipping (Beth Foy).

"The problem is I wanted to do all of them," Joanne Steele said. Others agreed. "We'll have more classes and repeat some of these stations," Dona Cormier confirmed. The next class is scheduled for **Saturday, August 8, 9:30 a.m.** It is free, open to church and community members, and all ages are welcome (it is not just for seniors). No experience is needed. Sign up in the front foyer or call 877-7315.



**Don't Forget!**  
**August 8**  
**Crafts Class**

**August 30**  
**Swing Band**

"O Lord, how great are Your works!"

Psalm 92:5



### Seniors Spotlight

#### A Conversation with Perry and Martha Odom

How do you do an article called "Getting to Know Perry and Martha Odom," when almost everyone already knows them? They've been members at CCCC since 1997 and many members knew them before that. Perry has served as an elder nearly 12 years.

So we decided to ask Perry and Martha to share a few insights about themselves not everyone knows. For example, did you know they are native Floridians? He was raised in the Jacksonville area and she grew up in Madison. They met at Florida State. After graduation, Perry worked on his law degree at the University of Florida (he says he'll always be a Seminole) and Martha worked at Shands Hospital. While there, she worked for Dr. Cade. What's unusual about that? Well, Dr. Cade is the creator of Gatorade (we assume Perry refuses to drink it).

They both love Tallahassee and have not ventured far from it. The farthest they've traveled from home is Mexico, Vancouver, and the Caribbean.

Perry has worked with the Boy Scouts since 1964. He has had such an impact on this organization that the Tallahassee Boy Scout Troop 44 recently paid tribute to Perry's service by building a chapel at the Wallwood Boy Scout Reservation and dedicated it to him. In addition to scouting, Perry loves to hunt. His biggest prize is a 10-point deer (the head of which is in his office). Martha said while Perry worked as a lawyer and was busy with hunting and scouting, she enjoyed spending time with their four children (Chuck, Steve, Kim, and Jason).

Having been married 58 years, what's their philosophy of life? Perry says, "Get along with your wife." To which Martha added, "...or else!" After a good laugh they both added, "Being faithful to God and attending church together has always been important to us. We went as a family." Then they added, "In a marriage, always stay honest to your vows." They've passed these values on to their children: Chuck has been married 37 years, Steve 32 years, Kim 27 years, and their youngest, Jason, has been married 6 years.

Everyone who knows Perry and Martha appreciates them as positive role models and faithful examples as Christians.



#### Lunch and Learn Features Speakers from Elder Affairs

CCCC gathered on July 16 for a Lunch and Learn featuring speakers from the Florida Department of Elder Affairs. Janine Rogers-Harris gave an overview of the Communities for a Lifetime Initiative, and Buddy Cloud shared information about transportation for older adults.

The Initiative assists Florida cities and counties in planning and implementing improvements that benefit their elder citizens. The goal is to help seniors live independently as long as possible and to link them to needed resources and services.

The program was well received by the thirty seniors in attendance. One member commented, "This gave me so much to think about. I had no idea these types of resources were available."

The next Lunch and Learn is scheduled for **September 10** and will feature Florida House Representative Michelle Rehwinkel Vasilinda who will be speaking about "Legislative Issues of Concern to Seniors." These sessions are free and open to anyone interested in attending.

We look forward to seeing you at our next Lunch and Learn. Bring a friend.

#### Senior Website Continues to Evolve

Several new updates have been added to the Senior Website including a new devotional. There are many other features coming soon, including a DVD and newsletter. Already many "hits" have been made on the website from as far away as Texas, Virginia, and Brazil. The website is an excellent opportunity to share senior happenings. Keep up to date and check it out at [www.seniorlrc.org](http://www.seniorlrc.org)

The picture at the left of this article is a sneak peek at our website.

Our heartfelt thanks to Caleb Bell for the many hours he has spent developing our website.

#### Church Sign in the UK

Adam blamed Eve, Eve blamed the snake  
And the snake didn't have a leg to stand on



#### Thought for the Day:

Working for God on earth may not pay much, but His Retirement Plan is out of this world.