

# SENIOR MOMENTS

November 2017

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## The Importance of Movement



On October 20 Trinity hosted another Senior Series talk. This time the topic was on the importance of movement and its effect on our spiritual and physical well-being. Trinity member Dr. Eric P. Justin gave a convincing and inspiring presentation in which he traced the importance of walking during Jesus ministry, the scientific advantages that most kinds of movement provide, and how movement can help postpone many physical disabilities as well as some mental concerns. Dr. Justin's presentation was fun, informative, and professional. Thanks, Eric, well done!

## All Saints' Potluck



Be ready to have fun at the annual All Saints' Potluck dinner. We will be celebrating many things. We will give a nod to the 500<sup>th</sup> anniversary of Luther nailing of his 95 theses, thank many of our volunteers and those who help at worship services, remember those who have died the past twelve months, and seal a new time capsule. The entree is provided and we ask that you bring a side dish to share. The new fellowship hall will be finished and we will celebrate in the new facility. Last year 170 members enjoyed the afternoon. In late September /early October we will start a sign-up sheet so we know how many to expect. It should be a great time!

## Christmas Caroling



December 8 is the date that Trinity will go Christmas caroling at some of our senior living facilities. We are inviting all to come and join in this enjoyable Christmas experience and a chance to say "hello" to some of our member who reside there. Those who sang last year remember fondly how touched the residents were. For us it was a time of fellowship and service. For some of those listening it was their opportunity for Christmas worship. It is inspiring to see how God can use something so simple to touch so many lives.

More details will be forthcoming to inform as to times and where to be. Make plans to join us in the early afternoon on Friday, December 8. NOEL!

## What's Up/ What's Offered



There are always many events and opportunities available to our seniors. I have been told that it can be difficult to remember them and it would be good to have a list. I will try to update each month a list of events and opportunities in this spot in the monthly Senior Moments. As each event draws closer I will give a better explanation of it and the starting time and place. These are in addition to our regularly scheduled 50+ and Brown Bag Bible classes. I hope this is helpful. I am always looking for new speaker topics and things to do. Please feel free to share your ideas with me. Thanks!

### Events Scheduled

Nov. 5	All Saints Potluck
Dec. 8	Christmas Caroling
Dec. 13	50+ Christmas Dinner
Jan. 26	Special Senior Dinner

### Opportunities Available

Volunteer Openings  
Legacy Diary  
Legacy Interview

