

SENIOR ADULT FELLOWSHIP

MYERS MEMORIAL UNITED METHODIST CHURCH
301 S. NEW HOPE ROAD GASTONIA, NORTH CAROLINA 28054
MYERSMEMORIALUMC.ORG
704.864.3222

MARCH

Our **SENIOR ADULT Ministry Model** recommended by the General Board of Discipleship of the United Methodist Church:

S: Spirituality

E: Enrichment

N: Nutrition/ Wellness

I: Intergenerational

O: Outreach/Witness

R: Recreation/Social

S: Service.

MEETING TIMES :

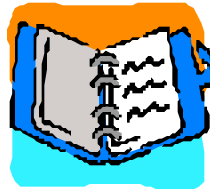
The Senior Adult Fellowship meets on the **2nd Monday of each month**, unless otherwise noted. And watch for additional opportunities for service and travel throughout the months.

Our MARCH Meeting will be **Mon., March 8 @ 11:00 at the church.**

Lisa Bolin, Certified with the American Council on Exercise and AARP trained will have a program for us on Mind/Body Exercise and Fitness for Seniors. We hope you will make every effort to attend and invite a friend as Lisa is traveling to us from out of town.

We will go to lunch together following our meeting!

Have any ideas for programs or travel with our Senior Adults? Please let Connie know for future planning!
Thanks



READY TO TRAVEL?

SPRINGTIME BY THE SEA

An Older Adult Event at

Epworth by the Sea
St. Simons Island,
Georgia
May 17-20, 2010

To learn more visit
www.epworthbythesea.org
or stop by Connie's office for a flyer

MARCH SERVICE PROJECT

We continue to collect HEALTH KITS FOR HAITI!

Please support our drive to make health kits for Haiti. All items must be new. Please include \$1.00 in each kit for the purchase of toothpaste. Please place items in a sealed one gallon plastic bag.

KIT CONTENTS:

- 1 HAND TOWEL, no kitchen towels
- 1 WASH CLOTH
- 1 COMB, not pocket sized
- 1 NAIL FILE OR FINGERNAIL CLIPS, no emery boards or toenail clips
- 1 BATHSIZE BAR OF SOAP, 3 OZ. +
- 1 TOOTHBRUSH in original wrapper
- 6 ADHESIVE PLASTIC STRIP STERILE BANDAGES

