



THE GOLDEN OAKS SENIOR ADULT FELLOWSHIP

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



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 each month. Watch for additional opportunities for service and travel throughout the months!

Upcoming Activities in 2012

Check your calendar and make plans to join us for upcoming activities:

February—TBD

March—Sunday, March 25, 2:30 PM attend The Little Theater of Gastonia to see GODSPELL. Tickets will be \$12 per person

April—Road Trip to Brattonsville, South Carolina in York County

May—We will once again cruise around Lake Norman on the Catawba Queen

We are off and running for 2012. We have some great activities planned for 2012 and we hope you will join us for our fun as well as our informational programs.

In January we will be having a guest speaker, Wendy Callahan, from Gaston Together who will speak to us about the Health At Home Handbook program through Gaston Community Healthcare Commission and Gaston Together. The book Health at Home® is a personal medical reference guide of preventive healthcare and wellness. It can save a life or prevent an Unnecessary trip to the hospital or ER. It is a complete guide to symptoms solutions and self-care. It is NOT meant to be a complete guide to healthcare, but the information given is to help you make informed choices about YOUR health. Watch your emails and look for post-cards for those who do not have email, for the exact date and time of our meeting in January.



Gaston County Senior Games Kick Off

Gaston County Senior Games will be holding a Kick Off event showcasing 3 games played at the local senior games and a short information session on how to register for the games and information on changes to the games, on January 13 at the Gaston county Senior Center in Dallas from 10:00 AM—1:00 PM. Come out and try your skills at table tennis, corn hole, and football throw. Then learn how you can participate in the 2012 Gaston Count Senior Games. The event is free and open to seniors 55 and better and includes a light lunch.



Lunch and Learn

The Gaston County Parish Nurse Organization is once again sponsoring **Lunch & Learn** sessions at First Presbyterian Church, on Garrison Blvd, in Gastonia. The program is at 12:00 noon for lunch and lecture. The lunch is optional at a cost of \$5.00 per person. You are welcome to just attend the seminar or learning session for free.

The January Lunch & Learn will be held on Wednesday, January 18, and will focus on the fact that January is Vision Care month. Our own Dr. Bob McCullen of Gaston Eye Associates will be the featured speaker and he will discuss Eye Conditions and Care. Please plan to attend and support this program and our Dr. Bob.



THE GOLDEN OAKS SENIOR ADULT CALENDAR OF OPPORTUNITIES

January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 WEF	5	6	7
8 UMM Breakfast Blood Pressure Screening	9	10	11 WEF	12	13 Senior Games Kick- Off	14
15	16 Martin Luther King Jr. Holi- day	17	18 WEF First Presbyterian Lunch & Lean 12:00 Noon	19	20	21 UMM Ladies Night
Mission Possible Adult Mission Team to Sanford North Carolina						
22	23	24	25 WEF	26	27	28
29 NO Sunday School Stop Hunger Now Meal Assembly in CFC	30	31				

**For more information on any of the events listed on the calendar call
Kathy Kavanaugh at the church ext. 15.**