

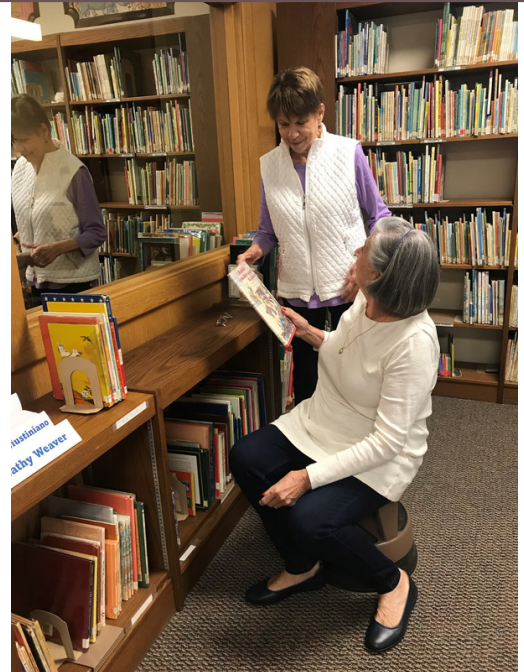
WESLEY MEMORIAL SENIOR ADULT MINISTRY

Fall update from your Senior Adult Council



"...TODAY'S SENIORS AT
WESLEY MEMORIAL ARE..

...ALIVE IN GOD'S LOVE with
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FALL GREETINGS, CHURCH FAMILY FROM SENIOR ADULT MINISTRY!

Susan Sumpter

Rocking chairs, Baking cookies, Crossword puzzles and Knitting...is *this* what comes to mind when you think of "older adults?" Well! Let us assure you that while these may be enjoyable hobbies for some of us, today's Seniors at Wesley Memorial are ALIVE IN GOD'S LOVE with surprising energy, active participation, discipleship, and plans for the future!

Under the leadership-planning of The Senior Adult Council, 4 focus areas are planned for our Senior members ages 60+ years:

ALZHEIMER'S MISSION PROJECT was expanded in 2022. In addition to the beautiful "**Autumn Lights**" **Candlelight Prayer Vigil** (Sept 25) which serves as a Wholeness and Healing service for our families affected by Dementia diseases, we also offer a Family Campus Walk (Sat, Oct 22). Donations benefit our Guilford County Alzheimer's Assoc to support research and needs of unpaid family caregivers. YOUR FAMILY CAN HELP by participating in this Walk for ALL AGES.



GOLDEN HELPING HANDS encourages Seniors to volunteer as a "ready resource" for short-term needs of our church. Many tasks can be done sitting down, offering Seniors with or without mobility issues to have opportunities for service. Interested Seniors are placed on an email list to be informed of tasks and dates, such as stuffing envelopes for congregational mailings or preparing Christmas luminaries.

SHARING OUR FAITH STORIES is an on-going initiative to visit with older adults and capture their faith journey stories, so that others might follow in the footsteps of the faithful. MORE VISITING TEAMS ARE NEEDED!

FELLOWSHIP FUN & LEARNING are monthly activities planned to connect Seniors with church friends--so that no one might feel alone. In 2022, Seniors have enjoyed day trips to the Paul Ciener Botanical Gardens in Kernersville, the Nido & Mariana Qubein Children's Museum, Ft Bragg All-American Airborne Museums in Fayetteville, Rocker's Game, and NC State Fair via Amtrak Train! We have laughed together over theme-Dinners and at "Shamrockin'Fun" Table Games Day! "Aging Well" fall workshop series has presented valuable insights from experts on maintaining health of body and mind. Senior Christmas Luncheon (Thurs, Dec 15) will be a special celebration filled with surprises.

FAMILIES HELP when adult children stay aware of what is being planned for Seniors (check Wesley Weekly and worship announcements) – then **encourage** their Moms and Dads to participate. Adult children are always welcome to bring Senior parents and stay to participate, too!

Because of our church family's great generosity, **800+ Senior Adult members** are able to participate in a ministry for them that is ALIVE and VITAL! God bless! We are so grateful.

Susan Sumpter, Team Leader
Senior Adult Council

