

Senior Newsletter

April 2025

Our mission is to: Come alongside senior adults in a dynamic season of life to provide friendship, laughter, spiritual care and a great lunch.

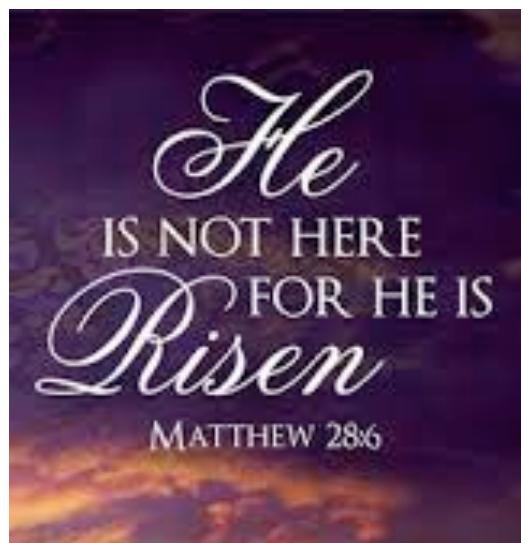
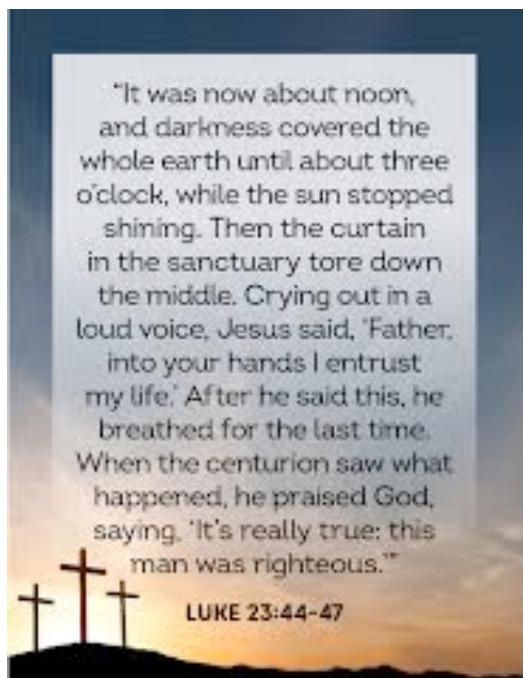


The first birthday I remember, I was three years old. My parents paid my brother, who was ten, to set up fun activities for me and my friends. We had chocolate cake and I got to sit in a special chair at the table. I also fondly remember my 21st birthday when my sister came down to Santa Barbara to surprise me because it was my first one away from home. What birthdays stand out to you? We make quite a big deal about birthdays at almost every age, don't we? We want to mark the day we came into the world. God makes every single one of us to be unique and special, so we need to eat good food, be sung to, and receive gifts as we are reminded how everyday is a gift from the Lord.

Each week in the dining room, we celebrate birthdays together because we want to clap and cheer for one another. We want to give a special treat to tell you we love you and are so glad you were born. We want to sing for you to let you know your life matters now and everyday. You are created in the image of God and are so beautiful. This month we celebrate Easter, because Christ has offered us new life through His death and resurrection. God gives us life and then helps us to be born again! Isn't that amazing? We are reborn into a living hope for each day and also for a glorious eternity, which is stored up in heaven for us.

May the celebration of Christ's life in you be a welcome reality this year and always!

~Pastor Colleen



Senior Lunches this Month

Thursday, April 3rd

Our speaker today is **Zig Reichwald**, a **Westmont professor** of music who specializes in the work of **Felix Mendelssohn**. While he has only been in Santa Barbara just a few years, he has become a wonderful part of the college and of our church. Here is what Zig wants you to know about his presentation: "What is music? Is music a universal language? Why do we use music in worship? We will explore these questions from various perspectives as we listen to music from different cultures and eras." Doesn't that sound delightful? Oh, but we're not done. For lunch, we are serving salmon with a lemon beurre blanc sauce, rice pilaf, along with roasted onion and tomatoes. It will be a lovely day!

Thursday, April 17th

It's our Easter celebration! Pastors **Nikki** and **Colleen** will be creating a meaningful time for all of us to have on this day as we celebrate the Resurrection of Christ. Another addition to this special time: **Madelyn Brown**, will be sharing part of her testimony. We are excited to hear from the next generation! Plan to bring a friend on this special day. For lunch, we will serve a traditional and delicious ham with scalloped potatoes, fresh peas, and soft rolls. We hope to see you there! Remember... bring a friend!

PLEASE REMEMBER:

Our program begins right after 11:00am each Thursday. While we don't mind if you arrive later, please be respectful of those who are sharing or teaching when you come in. As you can imagine, it is distracting when people are loud or moving around. If you are already seated, remember that your voice carries when you talk in a regular voice to your neighbor.



Join Us for Easter!

If you are looking for a place to worship Jesus on Resurrection Day, please know you are always welcome at Free Methodist. On **Easter Sunday**, we will be down at **Leadbetter Beach** at 6:00am for a sunrise service. In the **sanctuary**, we will have **two services** at 8:30am and 10:15am. All are welcome!



New Senior Lounge Opening at Goleta Community Center

Community Members 55+ Encouraged to Join the City's Senior Program

A new Senior Lounge will be opening soon (by April 1, 2025) at the Goleta Community Center (5679 Hollister Avenue). Now is a great time for interested residents 55 and above to enroll in the Senior Program and take advantage of its many offerings – you do not have to be a resident of Goleta to join and participate in the Senior Program. The refinished open-concept Senior Lounge room is being upgraded with new furnishings, a television, and more. The room will host scheduled activities such as Gentle Movement and Chair Yoga, along with open hours for reading, crafts, games, and socializing.

Recreation Supervisor Leonel Mendoza-Diaz who oversees the Senior Program said, “The lounge will provide a brand-new space for our senior community to come together in a safe, comfortable, and welcoming environment. We can't wait to see you there.”

Among its many highlights, the Senior Program has over 100 participants who partake in classes and activities such as dance, music, and fitness. Program participants can also find information on counseling, transportation, and other community resources. Last but not least, there is also a nutrition program providing a free healthy lunch daily at the GCC (*you do not need to be a member of the Senior Program to participate in the nutrition program*).

Community members interested in joining the Senior Program must complete a [one-time enrollment form located online](#) or in person at the GCC front office and pay an annual membership fee of \$25. The program is open Monday – Thursday from 9:00 a.m. to 1:00 p.m. and Friday from 11:30 a.m. – 1:00 p.m. City staff are onsite during open hours to assist participants with registration, programming, and services.

Learn more about the Senior Program on the [City's website here](#). For more information, please contact Dori Crolius, Senior Program Technician at dcrolius@cityofgoleta.org.



This Ministry is Sponsored by:

Free Methodist Church of Santa Barbara

Thank you!

Cliff Drive Care Center

And many generous donors

A Few Easter Quotes:

“Easter says you can put truth in a grave, but it won't stay there.” – Clarence W. Hall

“He is not here; he has risen!” – Matthew 28:6

“Our Lord has written the promise of resurrection, not in books alone, but in every leaf in springtime.” – Martin Luther

“We are Easter people and Hallelujah is our song.” – Augustine

“Easter is meant to be a symbol of hope, renewal, and new life.” – Julianne Hough

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FIRSTDAYOFTHEWEEK
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HEISRisen
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ISRAEL
JESUS
LIGHTNING
LINENCLOTHES
LONGWHITEGARMENT
LORD
MARYMAGDALENE
MOURNED
NAZARETH
PEACEBEUNTOYOU
PERPLEXED
PREACHTHEGOSPEL
RAIMENT

REDEEMED
REMEMBERED
REMISsion
RESURRECTION
ROLLAWAYTHESTONE
ROLLEDBACKTHESTONE
SEPULCHRE
SHINING
SPICES
TEACHALLNATIONS
THIRDDAY
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