

## GLORY OF GOD

So, whether  
you eat or  
drink, or  
whatever you  
do, do all to  
the glory of  
God.

1 Corinthians 10:31  
English Standard Version

### YOUR OPPORTUNITIES

#### ARE HERE!

ACTIVE Adult Teams  
Guy's Sharpen Up Breakfasts  
Bible Studies  
Book Clubs  
Mellow Brook Singers  
Mission Trips  
Grantswood Projects  
Stretch Classes  
Visiting Homebound Members  
Women's Ministries



(Ministry for Adults 55+)

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## A BETTER YOU IN 2018

During the holidays did you say to yourself, "After New Year's Day, I am going to start dieting, exercising or ...." Being healthier is not just desirable but essential to living better and longer.

Many of us start resolutions, but our commitment wanes as other things invade our busy lives. This year we need to be committed to a better lifestyle in order to enjoy a longer, healthier life.

Creating these resolutions is easy enough. Sticking to them beyond the month of January, however, is another story.

Whether the new year has you feeling totally inspired or a tad overwhelmed, Johns Hopkins experts have some advice to help you make – and keep – your healthy resolutions for 2018.

### 1. Practice mindful eating

These days, it's common to chow down with your eyes glued to a screen, but eating when you're distracted leads to overeating. Take time to slow down and pay attention to your food, pausing to put down utensils between bites.

### 2. Chill out and rest up

Knocking the thermostat down to 68 degrees or lower before you tuck into bed can help you sleep better. Darken your room by drawing the curtains or dimming

the display on your alarm clock to really get those quality Zs.

### 3. Adopt an attitude of gratitude

Take some time at the beginning or end of the day to reflect on what you're grateful for. A daily grateful check-in or keeping a grateful journal is a way to shift your focus and minimize the distorting influence of stress.

### 4. Find 30 minutes a day to walk

Getting the recommended 30 minutes of exercise each day can be as simple as taking a walk. If you've got a busy schedule, take three 10-minute walks throughout your day.

### 5. Take the stairs

Making small, daily changes such as taking the stairs instead of the elevator may seem minor, but they can make a big difference for your heart in the long run.

### 6. Commit to a 30-day fitness challenge

Pick a fitness activity that's easy and doesn't require equipment, and commit to it for 30 days.

**Make your reservation today for Thursday, January 11 at 11:30 am to hear Samford nutritionist Dr. Mim Gaines speak on A Better You: Making Realistic Goals for a Healthy Lifestyle.**

**Sharpen Up Breakfast**  
6:30 am - Heritage Hall

Mark your calendars for  
2018 men's breakfasts  
The dates are:

- Jan 23
- Feb 27
- March 20
- April 24

Bring your sons, grand-  
sons and anyone that  
you want to introduce to  
other Christian males.

**Mellow Brook Singers  
Resume Rehearsals**

The choir will resume  
rehearsals on January 11  
at 10:30 am in Hudson  
Hall. This is the perfect  
time to join the choir as  
new music for our spring  
tour will start.

Besides singing in local  
retirement communi-  
ties, the choir will have  
a spring tour to **Amelia  
Island, Florida**. The  
dates for the tour are  
**April 22-27**, Sunday thru  
Friday.

The choir had a successful  
Christmas program and  
performed it three times  
plus a Wednesday night  
service. As part of the  
performance, sock snow-  
men created by choir  
members were distribut-  
ed to residents after their  
performances.

# Trips for ACTIVE Christian Living

**Tuesday, January 16, 2018**



**Tennessee Williams Home &  
Rosedale Historic Home  
Columbus, Mississippi**



Meet at church at 8:00 am  
Depart church at 8:15 am  
Cost: \$10 plus lunch money

Upon arriving in Columbus we will go to Harvey's Restaurant for lunch. It is located on Main Street and well known. After lunch off to tour the historic homes.

First home of Pulitzer Prize-winning playwright Tennessee Williams, author of *A Streetcar Named Desire*, *Cat on a Hot Tin Roof* and *The Glass Menagerie*. Williams, considered the most important American playwright, was born in Columbus, Mississippi in 1911. He spent his beginning

years in an old Victorian home that was the rectory for St. Paul's Episcopal Church, where his grandfather served as minister.

ROSEDALE is considered one of the finest examples of Italianate architecture in Mississippi. Rosedale entirely restored to its original 1856 state, including original paint colors and wallpaper patterns. The home features the nation's largest furniture collection by American craftsman John Henry Belter.

**Tuesday, February 13, 2018**



**TopGolf  
Birmingham, Alabama**



Meet at church at 9:30 am  
Depart church at 9:45 am  
Cost: TBA

This is an opportunity to hear about the new golf entertainment venue in downtown Birmingham. We will be given an overview of the company and this new facility in our city. You will be able to

walk around and try it out if you want. We will have lunch there and then return to the church. This is your chance to see what is the latest form of entertainment in Birmingham.

**Saturday, March 24, 2018**



**Rattlesnake Rodeo  
Opp, Alabama**



Meet at church at 8:15 am  
Depart church at 8:30 am  
Cost: \$10 plus lunch money

Eastern Diamondback rattlesnakes have been rattling since the dawn of time, but they have been a main attraction in Opp, Alabama for the past 56 years. Mr. J.P. Jones, along with the Opp Jaycees, first organized this event as a fun-filled, family friendly weekend with snake shows, arts and crafts, and good food.

After several years, the rodeo has grown

to include other activities such as beauty pageants, the Rattlin' 100 car race held at the South Alabama Speedway, snake races, buck-dancing contests, children's activities, karaoke contests, and musical entertainment throughout the day. With all the activities scheduled throughout each day, The Rattlesnake Rodeo has something for everyone.

# ACTIVE Monthly Luncheons

Thursday, January 11, 2018



## A Better You: Making Realistic Goals for a Healthy Lifestyle

Lunch: 11:30 am

Cost: \$6

The holidays are over and the thought of returning to a healthy lifestyle is on everyone's mind.

The speakers will be Daniela M Fariscal, BS Nutrition, Samford Dietetic Intern

and Miriam J Gaines, MACT, RDN, LD.

Miriam (Mim) Gaines is Director, Dietetic Internship for the School of Public Health in the Department of Nutrition and Dietetics at Samford University.

Thursday, February 8, 2018



## Zoo To You Birmingham Zoo

Lunch: 11:30 am

Cost: \$6

The Birmingham Zoo is Alabama's must-see attraction, drawing more than 644,000 visitors annually. Approximately 900 animals of 230 species call the 122-acre Birmingham Zoo home, including sea lions, rhinos and endangered species from six continents.

The zoo's main mission is to inspire

passion for the natural world through all of its programs and to be a leading zoological and botanical conservation, education and scientific study resource within the U.S. and the family attraction of choice throughout the entire region.

Let's experience the zoo together.

Thursday, March 8, 2018



## Birmingham Museum of Art

Lunch: 11:30 am

Cost: \$6

In September 2017, the Birmingham Museum of Art appointed Graham Boettcher as its new director.

Boettcher, a Bellingham, Washington native, holds a doctoral and bachelor's degrees from Yale University in art history, and a master's from the University

of Washington. He joined the Birmingham Museum of Art in 2006 as a curatorial fellow. After his fellowship ended, he was hired in the newly created position of Curator of American Art. In 2016, he was promoted to deputy director.

Come to hear the new director.

**ACTIVE** Christian Living

## ACTIVE Christian Living Leadership

### ACTIVE COMMITTEE

Larry Bearden, Claudette Bearden, Sale Calhoun, Chris Clark, Rachel Hubbard, David Jackson, Sara Jackson, Nancy Lewis, Clyde McCain, Shirley McCain, Ann McGuire, Mike McGuire, Jean Nunnelley, Buddy Perez, Carol Perez

### TEAMS

#### ANNUAL BIG TRIP:

Ina Faye Anderson, Janie Barnes, Peggy Holmes

#### AT HOME MINISTRY:

Brenda Atkins, Chris Clark, Retta Dean, Mary Kate Dyer, Pat Ferguson, Rachel Hubbard, Joyce Johnson, Rachel Walton, Sue Watkins

#### DAY TRIPS:

Brenda Adkins, Janie Barnes, Sale Calhoun, Buddy and Carol Perez

#### DECORATING & SERVING:

Ina Faye Anderson, Janie Barnes, Jean Guthrie, Nancy Lewis, Jean McCarley, Ann McGuire, Mike McGuire

#### MAIL:

Brenda Adkins, Claudette Bearden, David Jackson, Beverley King, Emma Laura Patrick, Sue Watkins, June Whitlow

#### MISSIONS:

Pat Ferguson, June Whitlow

#### MONTHLY LUNCHEON:

Sale Calhoun, Clyde McCain, Shirley McCain, Buddy Perez, Carol Perez

#### PHOTOGRAPHY:

#### SERVING:

Ina Faye Anderson, Janie Barnes, Larry Bearden, Kay Formby, Peggy Holmes, Nancy Lewis, June Whitlow (Cashier)

#### TELECARE:

Brenda Adkins, Shirley Austin, June Whitlow



**Make Your Reservations TODAY!**

**ACTIVITY SCALE**

Level	Definition
	<b>Easy:</b> minimal walking
	<b>Moderate:</b> walk up to a mile
	<b>Active:</b> walk as much as two miles
	<b>Challenging:</b> spend most of the day on the go

**Calendar At A Glance**

- **January Mellow Brook Singers Resumes** - Thursday, January 11, 10:30 am, Hudson Hall - Rehearsals resume with new music for spring programs. Now is the time to join!
- **January ACTIVE Luncheon** - Thursday, January 11, 11:30 am - Cost \$6. Our speaker will be the Miriam (Mim) Gaines, MACT, RDN, LD, Director, Dietetic Internship for the School of Public Health at Samford University.
- **January Day Trip** - Tuesday, January 16 - Cost \$10 plus lunch money. Meet in church parking lot at 8:00 am, depart at 8:15 am for Columbus, MS to tour Tennessee Williams Home. 
- **February ACTIVE Luncheon** - Thursday, February 8, 11:30 am - Cost \$6. The Birmingham Zoo will be our program.
- **February Day Trip** - Tuesday, February 13, 10:30 am - Cost TBA. Travel to the new TopGolf for a tour and lunch. 
- **March ACTIVE Luncheon** - Thursday, March 8, 11:30 am - Cost \$6. The new director of the Birmingham Museum Graham Boettcher will be our speaker.
- **March Day Trip** - Saturday, March 24, 8:30 am - Cost \$10 plus lunch money. Travel to Opp to experience Rattlesnake Rodeo. 