

# ACTIVE Christian Living

(Ministry for Adults 55+)

## ARTS FOR YOU!



**SAMFORD**  
UNIVERSITY  
ACADEMY OF THE ARTS

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The Academy of the Arts draws together the best... programs in art, photography, music, culinary arts, and expanded areas of programs for all ages.

Joe Hopkins

Dean of Academy of Arts  
Samford University

### YOUR OPPORTUNITIES ARE HERE!

ACTIVE Adult Teams

Guy's Sharpen Up Breakfasts

Bible Studies

Book Clubs

Mellow Brook Singers

Mission Trips

Perry County Projects

Grantswood Projects

Stretch Classes

Visiting Homebound Members

Women's Ministries

## A Better You!

For our new church year the ACTIVE Christian Living emphasis will be "A Better You!"

What can each of us do to enrich our lives and improve our quality of life? One way is life-long learning. Because you think that you passed some magical age that you consider the end of learning, now is the time to change that negative idea. Life-long learning is essential for your brain, health and well-being.



In 2001, the National Endowment for the Arts developed an agreement with The George Washington University to conduct a multi-site national study with the aim of measuring the impact of professional community-based cultural programs on the general health, mental health, and social activities of older persons. Results reveal strikingly positive differences in the active group (those involved in intensive art programs) as compared to a control group not involved in intensive cultural programs. Those involved in the weekly participatory art programs, after two years reported:

- Better health, fewer doctor visits, and less medication usage;
- More positive responses on mental

- health measures;
- More involvement in overall activities.

In conclusion, these results point to powerful positive intervention effects of these community-based art programs run by professional artists. They point to true health promotion and disease prevention effects. They reveal a positive impact on maintaining independence and on reducing dependency. This latter point demonstrates that these community-based cultural programs for older adults appear to be reducing risk factors that drive the need for long-term care.

Let's consider what we can do to improve our lives. Come to hear Connie Macon, Director of the Academy of Arts, formerly Samford After Sundown, at ACTIVE luncheon on September 14. She will tell us about a variety of art classes and courses, including painting, drawing, photography, calligraphy and much more. New classes are added weekly.



Mark your luncheon reservation today!

## Yellow Dot Program

The "Yellow Dot" program provides detailed medical information following an automobile crash. Participants of the program receive a "Yellow Dot" decal, a "Yellow Dot" folder and an information form. Placing a "Yellow Dot" decal on the driver's side rear window of a vehicle alerts first responders to check the glove compartment for the "Yellow Dot" folder containing pertinent contact and health information regarding the driver.

## Vial of Life

The Vial of Life is a program that allows individuals to have their complete medical information ready in their home for emergency personnel to reference during an emergency when a person is unable to speak or remember this information. The kit includes decals, medical information forms, and other materials.

The "Yellow Dot" and "Vial of Life" programs are free services provided to individuals.

Contact Ms. Jennifer Price at the Administrative Office of the Mountain Brook Fire Department at 205-802-3838. The address is 102 Tibbett Street, Mountain Brook AL 35213

# Trips for ACTIVE Christian Living

**Tuesday, September 26, 2017**



## Biblical History Center La Grange, GA

Meet at church at 8:15 am

Depart church at 8:30 am

Cost: \$35 (Wheelchair Accessible)

Lunch is included.



The Biblical History Center (formerly Explorations in Antiquity Center) in La Grange, Ga., is an archaeological museum exploring daily life in ancient times. Through archaeological replicas, Biblical meal presentations, lectures, and other personal experiences, ancient Middle Eastern life becomes real today.

Step back in time as you sit in an authentic goat-hair tent like the nomadic shepherds lived in for thousands of years. See tombs like those in which Abraham and Jesus were buried. Visit a village and city gate area to see what life was like 2,000 years ago.

**Saturday, October 28, 2017**



## Covered Bridges Festival Oneonta, AL

Meet at church at 8:30 am

Depart church at 8:45 am

Cost: Bring money for food.

**(Perfect trip for those who are still working.)**



The high point of the beautiful autumn season in Blount County, the Covered Bridge Arts & Music Fest brings the entire area alive with arts and crafts vendors, live music, vintage cars, children's activities, food and music, tours of the renovated, historic covered bridges, quilt show, and pancake breakfast and much more!

Known as the Covered Bridge Capital of

Alabama, Blount County celebrates its roots each year with the annual Blount County Covered Bridge Festival. Set for Saturday, October 28, the 34th annual Blount County Covered Bridge Fest offers many events and diverse activities including a pancake breakfast, arts and crafts, a 5K and Fun Run, car show, river walk, food, entertainment, quilt show, and much more.

**Tuesday, November 14, 2017**



## American Village Montevallo, AL

Meet at church at 8:30 am

Depart church at 8:45 am

Cost: \$9 per person

Bring money for food.



Here in this museum of ideas, visitors step onto the stage of American history and discover the power and drama of America's journey for independence and self-government.

Highlights of the campus include Washington Hall, inspired by George Washington's beloved Mount Vernon; the Colonial Courthouse; the Colonial Chapel, inspired

by one of America's oldest churches, Bruton Parish Church of Williamsburg, Virginia; and a full-sized replica of the Oval Office, including an exact replica of the Resolute desk used by most Presidents since Rutherford Hayes.

In November the theme is **Living America's Story- Thanksgiving**. Make your reservations today!

# ACTIVE Monthly Luncheons

Thursday, October 12, 2017



## The Potter & The Clay

Lunch: 11:30 am

Cost: \$6

Dr. Lowell Vann, a 1957 Howard College (Samford) graduate, was art department chair until 2007. He retired from the faculty last year after serving 45 years on the Samford faculty, 36 of which he served as art department chair.

Along the way, he received all three of Samford's major teaching awards: the

John H. Buchanan Award for Excellence in Classroom Teaching, the George Macon Memorial Award and the Jennings B. Marshall Service Award.

You will also see exhibits of MBBC members creative works. If you have a hobby to share, let Pat Ferguson know that you need a table. Call today.

Thursday, November 9, 2017



## Behind Nazi Lines

Lunch: 11:30 am

Cost: \$6

Andy Hodges had been excluded from military service due to a lingering shoulder injury from his college-football days. Devastated but determined, Andy refused to sit at home while his fellow Americans risked their lives, so he joined the Red Cross. In the fall of 1944, Andy was tapped for what sounded like a suicide mission: a desperate

attempt to aid the Allied POWs in occupied France—alone and unarmed, matching his wits against the Nazi war machine.

Denise George co-authored the book with Andrew Gerow Hodges, Jr. about his father's story about saving WWII POW's.

Thursday, December 7, 2017



## Christmas Gala A Shepherd's Tale

Dinner Theater: 6:00 pm

Cost: TBA

A Shepherd's Tale is an original play by Richard Garey based on extensive research into the life of shepherds living in Judea 2000 years ago, **A Shepherd's Tale** is the story of Esrom, shepherd of Bethlehem, a goat, a dog, and the sheep. It is also the tale of two special nights. Travel back 2000 years. Visit the

first Christmas ever. Enjoy the experience created by veteran stage actor Richard Garey from Hannibal, Missouri. This heritage performance will delight guests of all ages and backgrounds. You are invited to enjoy this special event. Enhance your Christmas season 2017 and do not miss this show.

**ACTIVE** Christian Living

## ACTIVE Christian Living Leadership

### ACTIVE COMMITTEE

Larry Bearden, Claudette Bearden, Rachel Hubbard, David Jackson, Sara Jackson, Nancy Lewis, Clyde McCain, Shirley McCain, Ann McGuire, Mike McGuire, 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, Rachel Hubbard, Joyce Johnson, Barbara Mandy, Jean Massey, Rachel Walton, Sue Watkins

#### DAY TRIPS:

Brenda Adkins, Janie Barnes, 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:

#### MONTHLY LUNCHEON:

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

#### PHOTOGRAPHY:

Claudette Bearden

#### SERVING:

Larry Bearden, Nancy Lewis, June Whitlow (Cashier)

#### TELECARE:

Eugenia Anderson, Chris Clark, Billie Cope, Phyllis Mitchell, 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**

- **Mellow Brook Singers Resume Practice** - Thursday, September 14, 10:30 am in Hudson Hall.
- **September ACTIVE Luncheon** - Thursday, September 14, 11:30 am - Cost \$6 Connie Macon, Executive Director of the Academy of Arts will speak.
- **September Day Trip - Biblical History Center, LaGrange, GA** Tuesday, September 26, 8:15 am - Cost \$35 Tour and lunch included. Depart church at 8:30 am.
- **October ACTIVE Luncheon** - Thursday, October 12, 11:30 am - Cost \$6 Dr. Lowell Vann is our speaker/artist. Bring your arts and crafts to display.
- **October Day Trip - Covered Bridge Arts and Music Festival, Oneonta** Saturday, October 28, Depart church at 8:45 am - Free. Bring money for food.
- **November ACTIVE Luncheon** - Thursday, November 9, 11:30 am - Cost \$6. Our speaker will be the author Denise George and the book **Behind Nazi Lines**.
- **November Day Trip - Thanksgiving** Thursday, November 14, American Village, **Living America's Story - Thanksgiving** Depart church at 8:45 am - Cost \$9 plus lunch money.
- **December Christmas GALA** - Thursday, December 7, 6:00 pm in Heritage Hall - Cost - TBA **A Shepherd's Tale** by Richard Garey.