

## Stretch & Fitness

**Margaret Ritchie**  
Stretch and fitness has been such a wonderful outlet for me since I stopped working a few weeks ago. I've been working on strengthening a sore hip and I already feel much stronger. And the fellowship is so meaningful. I am extremely grateful for Dwanna's leadership and for the Active Christian Living group in providing this opportunity and welcoming me back.

**Cecil Avery**  
Dwanna actually makes exercise "fun", and it's always a good workout!

**Gail Moebes**  
The Senior Stretch class has been so beneficial to me, to all of us. Dwanna is a super leader, and offers us exercises that help our balance and also cardio exercises that strengthen our heart muscles. She is a very strong believer and opens & closes our classes with prayer. This means so much to me.

*Dwanna Green will speak at our January luncheon.*

2025 Christmas GALA

*Trio*   
*de Noël*

(Ministry for Adults 55+)

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## Christmas GALA - *Trio de Noël*

Prepare for an enchanting evening as three of the Southeast's most accomplished musicians headline the 2024 Christmas Gala. This spectacular event promises a night of refined holiday merriment.

### The Featured Artists:



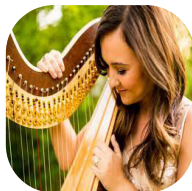
**Derek Paul Kluz, Pianist:**

A musician with a diverse background in education, faith, and performance, Derek serves as the esteemed music director for the Episcopal Church of the Holy Apostles in Hoover, AL, and the organist/director for the EWTN Choir.



**Angela Flaniken, Violist:**

Bringing over 40 years of orchestral mastery to the stage, Angela has performed with major symphonies including the Cincinnati, Louisville, and Alabama Symphony Orchestras. A recently retired member of the Samford Quartet, her passion for chamber music continues to inspire.



**Abigail Workman, Harpist:**

A prominent freelance harpist across the Southeast, Abigail has performed with the Alabama, Knoxville, Tuscaloosa, and Mississippi Symphony Orchestras.

Join us for an unforgettable celebration as these three virtuosos weave a beautiful tapestry of festive sounds to welcome the holiday season. Your reservation is your \$30 per person submitted to MBBC or scan the QR code to the right.

**Registration DEADLINE - December 9, 2025**



# ACTIVE Monthly Luncheons



**Thursday, January 8, 2026**

**Dwanna Green**

**Lunch:** 11:30 a.m.

**Cost:** \$10

**Heritage Hall**

**Reservations close Monday, January 5**

Dwanna “Cookie” Green is a passionate teacher and communicator of the Word of God, as well as a lifelong advocate of health and wellness. A graduate of the Samford University Ministry Training Institute, she is also a certified Fitness Instructor, a certified HIIT instructor, a Schwinn Indoor Cycle instructor, a Personal Trainer, and a Strength and Conditioning Coach. For over 25 years, this unique combination of passions has driven Dwanna to teach, train, and coach others to achieve their fitness goals. She teaches that the harmony of the mind, body, and spirit is the key to being “Fit for Life”.



**Tuesday, February 10, 2026**

**Sadie Goodman & Dr. Kely Hatley**

**Pianist: Anna Lou Hemphill**

**Lunch:** 11:30 a.m.

**Cost:** TBA

**Birmingham Country Club**

**Reservations close Thursday, February 5**

Get ready to feel the love! Following the spectacular success of last year’s Valentine concert, we’re pulling out all the stops to make this year’s luncheon even more dazzling. Join us for an unforgettable afternoon of delicious food, wonderful company, and the return of our incredibly talented musical guests!

We are thrilled to welcome back the phenomenal talents of: Sadie Goodman, Soprano; Dr. Kely Hatley, Baritone; Anna Lou Hemphill, Pianist. Mark your calendar today, bring your friends, and make your reservations! We can’t wait to celebrate Valentine’s Day with you!



**Thursday, March 12, 2026**

**Richard Compton**

**Lunch:** 11:30 a.m.

**Cost:** \$10

**Heritage Hall**

**Reservations close Monday, March 9**

Ahoy, adventurers! Prepare to set sail down the river of time this March as we welcome our very own Richard Compton to the helm! He’s hauling anchor on a tale from 1965—a true-life, Huck Finn-style escapade where Richard and three friends constructed their own raft and floated into an unforgettable journey of youth. You won’t want to miss this! Come hear Richard recount the pure, unadulterated adventure that has stayed with him ever since. It’s guaranteed to be a splash!

# Monthly Day Trip

**Tuesday, January 20**

**Tour TV Station: NBC 13**

**Location:** 1732 Valley View Dr, 35209

**Tour:** 10:30 am

**Cost:** N/A

**Depart Church at 9:45 am**

A tour of the WVTM 13 television station, the NBC affiliate for Birmingham, Alabama, offers a unique, behind-the-scenes look at how local news is produced and broadcast. Visitors can expect to see the state-of-the-art studio. Guests learn how newsgathering works, from the newsroom operations to the cutting-edge weather center with its live radar system, which provides crucial information for the community.



**Thursday, February 12**

**VOCES8**

**Location:** Cathedral of the Advent

**Concert:** 7:00 pm

**Cost:** \$25 per person

**Depart Church at 6:30 pm**

Grammy-nominated British vocal ensemble VOCES8 tours globally, inspiring people through music and the joy of singing. They perform diverse repertory both a cappella and with leading collaborators, promoting versatility and musical expression through performance and education.



## 2025 Advent Worship Opportunities

**Sanctuary Choir Christmas Choral Worship Service:**

**Sing We Now of Christmas**

Sunday, December 7 | 9 a.m. | Sanctuary

Features the Sanctuary Choir accompanied by a 19-piece orchestra. Anthems of the season will be sung, and the congregational carols will be accompanied by the orchestra.

**Children's Choir Christmas Concert**

Wednesday, December 10 | 6 p.m. | Sanctuary

**Glorious: A Contemporary Worship Experience**

Sunday, December 14 | 11 a.m. | Sanctuary

Join us for Glorious: A Contemporary Worship Experience as we walk through the story of Scripture in anticipation of Christ's birth.

**Mellow Brook Singers Church Concert**

Wednesday, December 17 | 6 p.m. | Sanctuary

**Living Nativity**

December 20, 21, 22 | Two shows at 6:30 p.m. and 7:30 p.m. | Lower Parking Lot

**Christmas Eve Services - Wednesday, December 24**

3 p.m. | Christmas Eve Band-Led Service | Sanctuary

Our 3 p.m. service will be band-led. It will be shorter in length to accommodate families with young children. The Lord's Supper will be served.

5 & 7 p.m. | Christmas Eve Candlelight Services |

Sanctuary

Will be led by our Sanctuary Choir, festival brass, and timpani. The Lord's Supper will be served. Childcare is available for ages 2K and under.

<https://www.mbbc.org/resources/advent-at-mbbc>



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

- Christmas GALA** - Tuesday, December 16, 5:30 p.m., Hudson Hall, Program: *Trío De Noël* (a piano, violin, and harp trio), Cost: \$30 per person.
- Mellow Brook Singers Church Concert** - Wednesday, December 17, 6:00 p.m., Sanctuary
- Mellow Brook Singers**- Resumes January 8, 2026; Meet each Thursday, Music Suite (Chapel), 10:30 a.m.; Practicing Spring tour music; New members welcomed - no auditions; Lunch afterward \$8 per person in Heritage Hall
- January Luncheon** - Thursday, January 8, Heritage Hall, 11:30 a.m., Speaker: Dwanna Green, Cost: \$10 per person
- Day Trip to TV Station**, Tuesday, January 20, NBC Studio, 9:45 a.m., tour of the WVTM 13 studio, Lunch afterwards TBA
- February Luncheon** - Tuesday, February 10, Birmingham Country Club, 11:30 a.m., Concert: Sadie Goodman, Kely Hatley and Anna Lou Hemphill, Cost: TBA
- Evening Trip** - Thursday, February 12, Cathedral of the Advent, 6:30 p.m., Concert: VOCES8, Cost: \$25
- March Luncheon** - Thursday, March 12, Heritage Hall, 11:30 a.m., Speaker: Richard Compton, Cost: \$10 per person

ACTIVE Christian Living December 2025



MOUNTAIN BROOK BAPTIST CHURCH  
— JAMES D. MOEBES —  
**FOUNDATION**

The Mountain Brook Baptist  
Church / James D. Moebes  
Foundation is delighted to provide  
financial support for the ministries,  
events, and activities of ACTIVE  
Christian Living.

If you would like to learn more about  
the foundation and how you can  
give to it, contact Debbie Hix or  
Baker Crow.

## ACTIVE Christian Living Service Teams

### ACL Advisory Council

Larry & Claudette Bearden, Lowell & Redonda Broom,  
John & Sale Calhoun, Louise Gore, Jane Green, Clyde &  
Shirley McCain, Carol Perez

### AT-Home Visitation

Cecil Avery, Kathy Benton, Lowell & Redonda Broom,  
Alan & Retta Dean, Pat Ferguson, Jane Green, Anna Lou  
Hemphill, Edna Israel, Jean Vaughan

### Day Trips

Sale Calhoun, John Calhoun, Louise Gore, Carol Perez,  
Charles Stover

### Mailings/Birthdays

Cathy Benton, Charlene Chestang, Lisa Elliot, Pat  
Ferguson, Jane Green, Tallulah Hargrove, Lawson Hubert,  
Linda & Larry Moon, Barbara Patton, Mary Scott,  
Luanne Wall

### Missions

Kathy Benton, Debby Brittain, Bob Formby, David  
Jackson, Sue Watkins

### Monthly Luncheons

Joy Cooper, Kay Formby, Bob Formby, Louise Gore, Jane  
Green, Peggy Holmes, Clyde McCain, Carol Perez, Royce  
Tinsley