

ISSUE  
**110**  
October  
2024

MONTHLY  
NEWSLETTER OF  
MOUNTAIN BROOK  
BAPTIST CHURCH  
55+ MINISTRY

# ACTIVE Christian Living



**(Ministry for Adults 55+)  
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## What Others Are Saying:

"MBBC has provided a stretch and fitness class with a wonderful Christian leader in Dwanna Green. We call her "Cookie". Dwanna shows us the stretches before we start which is helpful. Dwanna begins and ends our time together with prayers. I am grateful for this class to prepare and strengthen our bodies to better serve Christ."

-Jane Green



## October 10th, ACL Luncheon Speaker, Dwanna Green "Elevate Your Fitness, Elevate Your Life"

**Time: 11:30 a.m.**

**Location - Under the White House Tent**

**Cost: \$8.00**

It's easy to be the person who always has an excuse for not starting an exercise program. You might be unmotivated, or perhaps, you may even be intimidated about where to begin or start. Well now is the time to take charge of your fitness. Dwanna Green, personal trainer and coach of our own exercise class on Tuesdays and Thursdays, will be our guest speaker for our October luncheon. Dwanna is a highly sought after instructor in the Birmingham Metro YMCA system, and our church has been blessed to have her lead our twice-weekly exercise class since 2022. The class has grown from about 3 participants when begun to now easily 15-20 participants per class. Dwanna has an infectious smile and winning personality. Come hear how you can gain motivation and success on your journey toward your fitness goals. You will sense her encouragement and care, and you'll leave believing you can make real strides toward your fitness goals.



# Upcoming ACL Day Trips

## Cities of the Future

### IMAX Movie at McWane

**Date: Friday, October 18th**

**Time: 11:30 a.m.**

**Cost: \$9 per ticket**

**Lunch: on your own at the Fish Market**

**Meet: 10:45 a.m. at the church**

**Depart: 11:00 a.m.**



Ever wonder what life will be like 50 years from now? Even though that's far into the future, it is still fun to hear what new technologies will enable life to be like in 2074. Join us on a speculation into the future through the IMAX documentary film, "Cities of the Future." Our ACL group will see the film and afterward go to lunch at the Fish Market, downtown.

**Please Make Your Reservation by Wednesday October 16th by Realm, Calling the Church Office, or Emailing [Chris@mbbc.org](mailto:Chris@mbbc.org)**

## Frontier Days Festival at Fort Toulouse/Fort Jackson Park

**Date: Friday, November 8th**

**Meet: MBBC 8:45 a.m.**

**Depart: 9:00 a.m.**

**Cost: \$10 for Admission**

**Lunch: on your own at the Festival**



Using Fort Toulouse - Fort Jackson Park as its historical backdrop, Alabama Frontier Days focuses on demonstrating life on the southern frontier during the eighteenth and early nineteenth centuries. The public can experience this "living history" as many frontier crafts and trades are demonstrated by specialists dressed in historic costume. Frontier Days illustrates how people from this fascinating period of Alabama's past lived and worked. This snapshot of frontier life includes Creek Indians, French soldiers and their families, British traders who lived among the Creeks and American soldiers who fought in Andrew Jackson's army during the Creek War. Additionally, there will be strolling balladeers, entertainers, period musicians and a magician as well as merchants selling quality reproductions of items used on the frontier.

**Please Make Your Reservation by Wednesday November 6th by Realm, Calling the Church Office, or Emailing [Chris@mbbc.org](mailto:Chris@mbbc.org)**

## Cullman Chirstkindlemarkt Date: Friday, December 13th

Meet at church at 10:00 AM

Depart: 10:15 AM

Lunch: On your own at Brandin Iron  
Steakhouse



Come join us on Friday, Dec 13 and immerse yourself in a German winter wonderland at Cullman's Christkindlmarkt. Indulge in rich flavors of traditional German Christkindlmarkt Cuisine. Experience ice skating, carousel rides, and cherished moments with Santa. The market's enchanting ambiance, adorned with holiday decorations, creates a magical experience that delights and captivates visitors of all ages, making it an essential and cherished part of the holiday season. Enjoy shopping from carefully handpicked vendors that best exemplify true German craftsmanship. Treasure offerings from revered German manufacturers like Christian Ulbricht, Dregeno Seiffen, Engstler, Graupner, Knox, Richard Glässer, Ino Schaller, and Richard Sellmer—are a testament to legacy and meticulous artistry.

**Please Make Your Reservation by Wednesday December 11th by Realm, Calling the Church Office, or Emailing [Chris@mbbc.org](mailto:Chris@mbbc.org)**

## Upcoming ACL Luncheon



**Tara Holman, Trading Spaces**

**Date: Thursday, November 14th**

**Time: 11:30 a.m.**

**Location: Under the White Tent**

**Cost: \$8 for lunch**

Tara is certified in Senior Move Management from the National Association of Senior Move Managers. She opened her first senior move management agency in Dothan in 2009.

Trading Places, LLC is a fully licensed, insured, and bonded corporation established in 2009 in Dothan, Alabama. Our proven approach helps reduce the stress and aggravation of moving to a smaller residence. We call this kind of move “the move of your life”, and individualizing it for each client is our passion. Everyone on our Team brings something special. We all enjoy working with and helping seniors. And each of us is committed to the ethical principles and best practices that make Trading Places a special company and a special place to work!

**Please Make Your Reservation by Tuesday November 12th by Realm, Calling the Church Office, or Emailing [Chris@mbbc.org](mailto:Chris@mbbc.org)**





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

- **ACL Luncheon** - Dwanna Green, Thursday October 10th, Time: 11:30 a.m. Location: Under the White House Tent, Cost: Lunch \$8
- **IMAX Movie at McWane** - Friday, October 18, Meet: 10:45 a.m. Depart: 11:00 a.m. Cost: \$9 per ticket Lunch: on your own at the Fish Market
- **Frontier Days at Fort Jackson** - Friday November 8, Meet: 8:45 a.m. Depart: 9:00 a.m. Cost: \$10 for admission, Lunch on your own at the Festival
- **ACL Luncheon** - Tara Holman, Trading Spaces. Thursday November 14th, Time: 11:30 a.m. Location: Under the White House Tent, Cost: Lunch \$8
- **Cullman Christkindlemarkt** - Friday December 13th, Meet at the church at 10:00 a.m. Depart 10:15 a.m. Lunch on your own at Brandin Iron Steakhouse
- **Discover Greece: In the Footsteps of Paul, the Apostle**— **TRIP IS FULL! THANK YOU!**

*Any third Friday or Saturday volunteers are welcomed at Faith Church!  
If you have questions, contact Baker Crow.*



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

## ACTIVE Christian Living Service Teams

### Monthly Luncheon Team:

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

### Mail Team:

Jane Green, Tallulah Hargrove, Gail Moebes, Roye Tinsley, Larry Moon, Linda Moon, Lowell Broom, Cathy Benton, Lawson Hubert

### Day Trips Team:

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

### Missions Team:

David Jackson, Cathy Benton, Sue Watkins, Bob Formby

### At-Home Visitation Team:

Cathy Benton, Cecil Avery, Jane Green, Anna Lu Hemphill, Retta Dean, Greg Robinson, Brenda Atkins, Lowell and Redonda Broom

### Decorator's Team:

Nancy Lewis, Ina Faye Anderson, Claudette Bearden, Emma Laura Patrick, Carol Perez, Chris Clark,

### ACL Advisory Council:

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