

Care Ministries

St. Luke's provides love and support through the joys and trials of life. Let us know about life events, illness, hospitalizations or surgery by calling the Care office at 407.876.4991 ext. 262. In an emergency call 407.876.4991 ext. 316. We are here for you!

Do You Need Transportation?

St. Luke's has volunteer drivers who can transport you to your doctor's appointments or special destinations at no charge. Call the Care Office at 407-876-4991 ext. 262, and you will be on your way!

St. Luke's Theater Ministries presents: Driving Miss Daisy

Performances will be on:
Friday, January 19 at 7:30 p.m.
Saturday, January 20 at 7:30 p.m.
Sunday, January 21 at 2:30 p.m.

For more information and ticket sales, visit st.lukes.org/events, contact worship@st.lukes.org or 407.876.4991 ext. 253.

Elementary Logic

A Kindergarten teacher was observing her classroom of children while they were drawing. As she passed by the desk of one little girl who was working diligently, she paused and asked what the drawing was. The girl smiled and said, "I'm drawing God".

"But," the teacher remarked, "No one knows what Good looks like." Without missing a beat or looking up from her drawing, the girl responded, "They will know in a minute."

Scripture: Matthew 1: 22-23

Answer: Emmanuel

ST LUKE'S
UNITED METHODIST CHURCH

4851 S. APOPKA-VINELAND RD.
ORLANDO, FLORIDA 32819
407.876.4991
www.st.lukes.org

December 2017 Newsletter

Senior Ministries

St. Luke's offers many activities for active senior adults. This vibrant group of disciples worship, connect, grow, serve, and commit to all that God calls us to!



Seniors have the most fun! Join this active group for daily exercise classes in the Coleman Memorial Gym. See details inside!

If you have an email address on file with the church, this newsletter will be sent to your primary email address. If you'd like to have a copy mailed to your home address call 407.876.4991 ext. 258.

Thoughts for the Day:

You only live once, but if you do it right, once is enough.
~ Mae West

I have noticed that nothing I have never said did me any harm.
~ Calvin Coolidge

Connect Ministries

Senior Sunday Brunch

Start off the New Year by joining us for Brunch after church on Sunday, January 7. We will meet at a local restaurant and always look forward to a good time with good friends! For information, please call 407.295.4348. We would love to reserve a spot for you!

January 2018

Su	M	T	W	Th	F	Sa
	1	2	3 Game Day	4	5	6
7 Senior Brunch	8	9	10	11	12	13
14	15	16	17	18	19 Covenant Senior Luncheon Driving Miss Daisy	20 Driving Miss Daisy
21 Driving Miss Daisy	22	23	24	25	26	27
28	29	30	31			

Bible Quiz

What did the prophet Isaiah say the baby would be called?

- Emmanuel
- The Prince of Peace
- The Son of God
- Wonderful counselor

See back for quiz answer.



Afternoon Game Day

ALL ABOARD! A great adventure awaits you as you travel via Train Dominos into an afternoon of fun and games. Join us on Wednesday January 3 at 12:30 p.m. in the Attic of Building C - No reservation is necessary.

50+ Exercise Classes

Stay active and in shape while making friends at any of the following daytime exercise classes! Visit st.lukes.org/sports, email sports@st.lukes.org, or call 407.876.4991 ext. 290 for details.

Tai Chi

Wednesdays from 9:30 a.m. to 10:30 a.m. in the Building A Dance Room (upstairs).

Weekday Exercise

Mondays and Wednesdays from 10:00 to 11:00 a.m. in the Gym.

Stretch and Strength

Tuesdays and Thursdays from 9:30 to 10:30 a.m. in the Gym.

Gentle Yoga

Fridays from 9:30 to 10:30 a.m. in the Gym. This is a slower paced, more nurturing and meditative form of yoga designed for all bodies and suitable for people with medical issues or chronic conditions.

All classes are \$2.00 each. Drop-ins are welcome!

Covenant Senior Luncheon and Program

January's luncheon and program is on Friday, January 19 at 11:30 a.m. in the Building C Attic. Be sure and call 407.295.4348 to make your reservation by Tuesday, January 16.

Grow Ministries

Recording Your Life Story

Ruth McKeefery is offering to show us the way to write our own story through a collection of experiences and adventures we have had during our life. Each personal narrative will become a collection of memories to be treasured by your family in years to come! Her class will run for 10 weeks from January 11 through March 15 on Thursday evenings from 6:30-8:30 p.m. on the second floor of Building C. We all have a story to tell, let's do it together!

Senior Moments

- It isn't what you know that counts. It's what you think of in time!
- Actually old is good in many things; Old Songs, Old movies, and best of all, Old Friends!

Consider This

- The wonder is not that the field of stars in the universe is so vast, but that man has measured it.
- A diamond is just a piece of coal that handled stress exceptionally well.