

## Care

St. Luke's provides love and support! Let us know about life events, illness, surgery, or hospitalizations by contacting the Care office at 407.876.4991 ext. 262. In an emergency call the Care office at 407.876.4991 ext. 316.

### New Care Ministry - Caring Kitchen

Join us on the first Thursday of the month at 7:00 p.m. in the Building C Kitchen to prepare crockpot-ready meals for St. Lukers in need. Adults/children 12+ are welcome. If you know a St. Luker who could benefit from meals or to serve with this ministry, call 407.876.4991 ext. 262 or email [care@st.lukes.org](mailto:care@st.lukes.org).

### Free Hearts to Hands Knitting/Crochet Class

Learn to knit/crochet prayer shawls, newborn and preemie hats and blankets, and prayer squares on Wednesdays from 4:00 p.m. to 5:00 p.m. in Building C Room 200. No registration required.

### Need Transportation to an Appointment?

St. Luke's has volunteers who can drive you to appointments. Contact the Care office 407.876.4991 ext. 262 or email [care@st.lukes.org](mailto:care@st.lukes.org).

## Grow

### Morning Edition

Start your day centered and supported in this loving women's Bible study. This class meets Wednesdays at 8:00 a.m. in Building C Room 200.

### Thursday Morning Men's Bible Study

All men are welcome for study and fellowship. Meet at the Bay Hill Club Thursdays at 7:00 a.m.

## Serve

Email [commit@st.lukes.org](mailto:commit@st.lukes.org) or call 407.876.4991 ext. 223 to volunteer.

### Connection Card Baskets

Meet on Fridays at 9:00 a.m. in the Sanctuary to replace connection cards, pens, and other basket items.

### Worship and Welcome Volunteer Opportunities

It takes hundreds of volunteers to facilitate worship and connection at St. Luke's each Sunday. Support your church, pastors, and staff by serving once a month as an Usher, Greeter, Connection Point Volunteer, First Time Guest Host, or Communion Server. Learn more by emailing [worship@st.lukes.org](mailto:worship@st.lukes.org) or by calling 407.876.4991 ext. 215.

Quiz Answer: He was afraid Esau would attack them. Scripture: Genesis

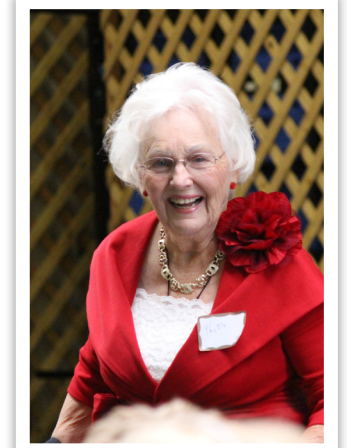
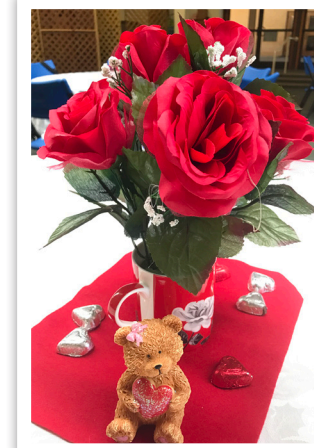
# March 2017 Newsletter

## 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!



We enjoyed live music, dancing, good food, and great company at the February Senior Luncheon. Join us next time!



April						
Su	M	T	W	Th	F	Sa
						1
2 Senior Sunday Brunch	3	4	5 Game Day Cluster Group	6	7	8
9	10 Travel Cluster Group	11	12	13	14	15
16	17	18	19	20	21 Senior Luncheon	22
23	24	25	26	27	28	29 Military & Friends Group
30						

### So You Think You Know Everything?

- The sentence: "The quick brown fox jumps over the lazy dog" uses every letter in the alphabet.
- The winter of 1932 was so cold that Niagara Falls froze completely solid.
- The words 'racecar,' 'kayak,' and 'level' are the same whether they are read right to left or left to right.
- There are 293 ways to make change for a dollar.

### Bible Quiz

When Jacob went out to meet Esau, he divided his family, flocks, herds and camels into two bands. Why?

- He didn't want Esau to be overly impressed with his possessions.
- He was afraid Esau would attack them.
- Some of the family were sick, and he separated them.
- The camels were giving birth to young at the time.



See back for quiz answer. Find more questions and their scriptures at [flumc.org/biblequiz](http://flumc.org/biblequiz).

### Connect

#### Senior Sunday Brunch

Please join us at 12:30 p.m. on Sunday, April 2. Call 941.730.1364 no later than Thursday, March 30 to find out the location and make your reservation.

#### Game Day Cluster Group

Play Train Dominoes or any boxed game that you would like on Wednesday, April 5! Enjoy an afternoon of fellowship and games on the first Wednesday of the month at 12:30 p.m. in the Attic of Building C! No reservation needed.

#### Travel Cluster Group

If you love to travel, come share your experiences and plan new adventures with other travelers in this group. Our next meeting will be Monday, April 10, at 7:00 p.m. in Building C Room 208. Contact [travel.cluster@st.lukes.org](mailto:travel.cluster@st.lukes.org) for more information.

#### Senior Adults Luncheon and Program

We hope you can join us next month on Friday, April 21 for lunch and a special program. Please call 407.295.4348 by April 18 to make a reservation.

#### Military Friends & Support Cluster Group

Join us on Saturday, April 29 as we host a Bingo Game/Ice Cream Social for veterans at the Community Living Center at 13800 Veterans Way in Orlando from 1:30 p.m. to 3:30 p.m. Email [care@st.lukes.org](mailto:care@st.lukes.org) or call 407.876.4991 ext. 262 for more information.

#### Exercise and Sports for Adults

St. Luke's offers a variety of sports, recreation leagues, and exercise classes. Visit [st.lukes.org/sports](http://st.lukes.org/sports) or call 407.876.4991 ext. 290 for details. 50+ Exercise Classes meet weekly in the Fellowship Hall. All classes are \$2.00.

- Exercise: 10:45 a.m. to 11:45 a.m. on Monday/Wednesday
- Stretch and Strength: 9:30 a.m. to 10:30 a.m. on Tuesday/Thursday
- Yoga: 9:30 a.m. to 10:30 a.m. on Fridays