



# Senior Adult NEWS

***Thursday with Friends*** – gatherings for seniors and friends.  
Check out all of the [programs at St. Luke's](#).

## **Lenten Music for Meditation and Reflection**

**Every Thursday during Lent | noon | Chapel**

Take time to recharge with special music in the Chapel each Thursday during Lent.

## **Program and Luncheon: *Prevent the Bite or All About Mosquito Control!***

**March 7 | 11 a.m. to 1 p.m. | ES314**

We all are a little too familiar with mosquitos! A representative from the Mosquito Control Division of Harris County Public Health will give us the lowdown on mosquitos, explain the role of Mosquito Control in controlling disease-carrying mosquitoes, and provide tips on reducing development of our pesky "friends." Stay after the program for lunch or attend the Lenten Music program. Register for lunch by 3/4.

Register [HERE](#)

## **Day Trip: Bryan Museum**

**March 21 | 9 a.m. to 4:30 p.m. | \$12 (lunch on your own)**

Join the group for a bus ride to Galveston to visit the Bryan Museum. Filled with historical artifacts, documents and artwork related to Texas and the American West, this museum is sure to delight! We will have lunch at Big Daddy's Gumbo Bar (on your own), take an optional (\$5) self-guided tour of The Grand 1894 Opera House, and explore some of the island's tree sculptures before heading home. Register and pay by 3/18.

Register [HERE](#)

## **Afternoon at the Movies: *Mrs. Harris Goes to Paris***

**April 4 | 1:30 p.m. | Rotunda Theater**

Can a dress change one's life? Enjoy this movie about a cleaning lady in 1950's London and her quest for a Dior dress, a quest that changes the trajectory of couture clothing. Movie snacks will be provided.

Register [HERE](#)

## **Day Trip: Painted Churches near Schulenberg**

**April 11 | 8 a.m. to 5 p.m. | \$36 (includes lunch)**

Enjoy a spring day visiting the Painted Churches in the communities surrounding Schulenberg. While the churches may appear unassuming as you approach them, prepare to have your breath taken away by the incredible beauty found as you step through the doors. Picnic lunch with friends on the church grounds at High Hill.

Register and pay by 4/8.

Register [HERE](#)

## **Program and Luncheon: *A Safe Drive Through the Aging Process***

**April 18 | 11 a.m. to 1 p.m. | Room ES314**

Specifically for older drivers but also a common subject for adult children of aging parents, Jack Angel from Senior Care Authority of Southeast Texas presents a practical, entertaining, and realistic approach to the clash between senior drivers

and the aging process. Increase your awareness and learn some strategies for driving as you age. Register for lunch by 4/15.

Register [HERE](#)

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## EASTER AT ST. LUKE'S

Click on [EASTER AT ST. LUKE'S](#)  
for information about  
worship services, events, Easter offering and more.

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## Other Opportunities at St. Luke's

### **Aging Solo**

**Wednesdays, May 1 – 15 | 10 a.m. to noon | Room ES314**

Whether you are married or single, the key to aging well is planning your aging journey. Amazing Place offers this free 3-week program to help you develop and put into action a plan for aging.

Register [HERE](#)

### **Pickleball at St. Luke's**

Open court play for all levels in the Activity Center on Saturday mornings between 9 a.m. and noon and Sunday afternoons between 4 and 6:30 p.m. Bring your own paddle or borrow one from us! Click [HERE](#) to register. Email [mschuler@stlukesmethodist.org](mailto:mschuler@stlukesmethodist.org) for more information.

### **Games Groups on Mondays**

**Bridge:** Contact Kathy Austin, (713) 252-6727.

**Mah Jongg:** Contact Ann Weiss, (832) 969-0676.

**Women's Book Group | 2<sup>nd</sup> Mondays of every month | 10 a.m. | ES306**

Contact Janet Knight (832) 524-0030 or [jsknight88@att.net](mailto:jsknight88@att.net)

**Silver Circle at Gethsemane | 4<sup>th</sup> Wednesdays through May | 9 a.m. to 1 p.m. | Canterbury Hall**

Monthly gathering for senior adults at Gethsemane. Play games, break bread and enjoy fellowship with friends!

**Holy Yoga | Tuesdays at 6:30 p.m. - Room EN207 | Wednesdays at 9:30 a.m. - branches Building**

## Caregiver Support Groups

### **Amazing Place Caregiver Support Group**

**2<sup>nd</sup> Tuesday of each month**

**at Amazing Place**

Contact: Katherine Christie, LMSW,  
Amazing Place 713/552-0420 x 2600 or  
[kchristie@amazingplacehouston.org](mailto:kchristie@amazingplacehouston.org)

### **Alzheimer's Caregivers Group**

**(MEN ONLY)**

**3<sup>rd</sup> Tuesday of each month at St. Luke's  
1:30 to 3 p.m.**

Contact: Don German 713/899-6522 or  
Bob McClelland 713/205-6408

### **Caregivers' Caregiving Group**

**4<sup>th</sup> Tuesday of each month at St. Luke's  
10 to 11:30 a.m.**

Contact: Honi Boudreaux 832/656-0049

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Did you know that St. Luke's has a small durable medical equipment lending closet available? If you find yourself with a short-term need for a wheelchair, walker or rollator or have one of these items to donate to the closet, contact Mary Schuler.

For more information about events, visit [StLukesMethodist.org](http://StLukesMethodist.org).  
Questions about Senior Adult Ministries events: Call 713-402-5008 or  
email [mschuler@stlukesmethodist.org](mailto:mschuler@stlukesmethodist.org)

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If you receive an email from the church, please make sure that it is from (name)@StLukesMethodist.org. The **stlukesmethodist.org** (as opposed to @gmail.com or @yahoo.com or others) tells you it is from St. Luke's and not spam.

St. Luke's United Methodist Church | 3471 Westheimer, Houston, TX 77027

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