



Senior Adult NEWS



**Make plans to experience
Holy Week and Easter at St. Luke's**
Click [EASTER](#) for events, activities and worship schedule

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

**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 & Luncheon: *A Safe Drive Through the Aging Process*
April 18 | 11 a.m. to 1 p.m. | 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](#)

**Serve with Friends: Small Steps Nurturing Center
May 2 | 9:30 to 11:30 a.m. | ES314**

Spend a morning helping assemble the St. Luke's Outreach April school supplies collection items into bags for children and families involved with Small Steps Nurturing Center and learn more about this organization that operates a preschool out of our Gethsemane Campus.

Register [HERE](#)

**Program & Luncheon: 200 Years of the Texas Rangers with Justice Ken Wise
May 9 | 11 a.m. to 1 p.m. | ES314**

We all know that the Texas Rangers won the 2023 World Series! But what about the other Texas Rangers who operate under the Texas DPS? Justice Ken Wise will give an overview of the 200-year history of the Rangers and help us understand what role they play in keeping Texas safe. Stay after the program for lunch with friends. Register for lunch by 5/5.

Register [HERE](#)

**Day Trip: Danish Heritage Museum of Danevang
May 23 | 9:30 a.m. to 4 p.m. | \$25 (includes lunch)**

Take a trip back in time to the Danish community of Danevang and the Danish Heritage Museum. Enjoy a Danish lunch, tour the museum and surrounding area and learn about the Danish pioneers who settled in this Gulf Coast community at the end of the 19th century. Register and pay by 5/20.

Register [HERE](#)

Other Opportunities at St. Luke's

Aging Solo

Wednesdays, May 1 – 15 | 10 a.m. to noon | 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@stlukemethodist.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 | 2nd Mondays of every month | 10 a.m. | ES306

Contact Janet Knight (832) 524-0030 or jsknight88@att.net

Silver Circle at Gethsemane | 4th 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

2nd Tuesday of each month

at Amazing Place

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

Alzheimer's Caregivers Group

(MEN ONLY)

3rd 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

4th Tuesday of each month at St. Luke's
10 to 11:30 a.m.
Contact: Honi Boudreaux 832/656-0049

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.
Questions about Senior Adult Ministries events: Call 713-402-5008 or
email mschuler@stlukesmethodist.org**

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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