

AUGUST BIRTHDAYS

Jim Brecheen, Ann Neal* 1	Norma Causey 16
Jan Huccaby, Lucile Martin, Jean Ross* 2	Nancy Slack* 17
Glenn Floyd* 3	Terry Anderson,* Tim Brewer, Viola Root 18
Anne Brown, Bill Guthrie, Richard Thomas* 4	Jean Christian, John Hudgins, Emmy Lewis,* Charles McKee, Art Shorney 19
Patrick Kirl, Phyllis Neumann 5	Deborah Ingle, Maxine Quesada* 21
Linda Brown 6	Richard Cooper 22
Paula House,* Brenda Mosley 7	Lu Chadwick, Roger Williams* 23
Linda Brecheen, Mary Walker* 8	Rich Hall, Mildred Meredith 24
Glenda Dial, John Pearce 9	Janet Hardegree,* Ted Palmore,* Herta Smith,* Jo Willborn* ... 25
Jessie Cantrell,* Charlie Marie Goss* 10	Merle Copp, Winona Gerdes, Kent Noell 26
Eloise Buck,* Sonia Kobe, Carlene Riney* 11	Leon Koenig,* Vicki Laws,* Sue Palmore* 27
Barbetta Ganzer, Glenda Sullivan 12	Wells Field,* Sharon Pace 28
Sandy Burke, Charlotte Field,* Gale Johns,* Mike Riek, LaNelle Winn* 13	Marie Mason, Darlene Whitten 29
Verne Dye, Patricia Ernest* 14	Dan Frost, Nancy Phillips 30
Brenda Cupstid,* Joyce Jeter 15	Lynda Noell, Don Samuelson* 31

*39ers

Taking Care of Yourself: "Be Serious About Laughter"

There is one simple, easy exercise you can do anywhere, anytime, to take care of yourself ... laugh!

Did you know that laughter provides a quick, on-the-spot workout? Laughter stretches facial and body muscles, increases pulse and blood pressure, and increases breathing, which promotes better circulation and provides your body with fresh oxygen. In fact, studies have shown that laughter may help prevent heart disease, alleviate some of the symptoms of arthritis, and reduce the level of pain people experience.

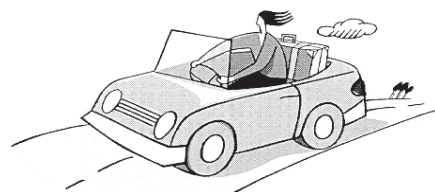
The sense of hopefulness about the future increases when people laugh and have a sense of humor. Laughter is serious business! Here are a few tips for laughter exercise:

- Find a friend who enjoys laughing and makes you feel good to be around.
- Read cartoons and save your favorites; read them often.
- Watch funny videos or movies often.

Commit to improving your health and well-being through laughter!



DRIVER SAFETY PROGRAM



**Next Session:
Thursday, October 22
Noon-4:00 pm.
Fellowship Hall**

Call Judy Murphy (940-382-2577, ext. 150) to sign up for the next AARP Driver Safety Class on Thursday, October 22, from noon-4:00 p.m. in Fellowship Hall. **The course is now a one-day/four-hour class.** The course helps driver refine existing skills and develop safe, defensive driving techniques. AARP members and non-members alike may take the course. The cost for AARP members (bring your card to class), \$12; non-members \$14 (paid at the class on October 22).

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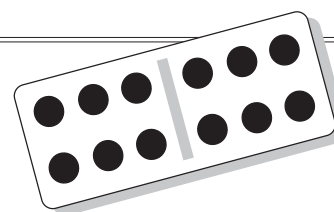


from CLIFF

AUGUST 2009

www.firstdenton.org

Check the NEW website each Monday for Adults 55 Plus events and information! Go to the bottom of the main webpage to "Quick Links" and click on Adults 55 Plus.



**ADULTS 55+
GAME DAY!**

**Tuesday, August 25
1:00-4:00 p.m.
Tomkins Fellowship Hall**

Bring a snack to share,
and a friend!

Caregivers Support Group

We really think this group would be a great benefit to several of our people who give 24/7 care to family members. You may need to encourage some of your friends about joining such a group. Provide Cliff or Judy with names and we will follow up with a contact.

Please remember . . .

Mrs. Ruth Armstrong
132 Thomas Edison Dr
Schertz, TX 78154-1019

Consider a Charitable Gift Annuity

You can received fixed payments for life, often at much higher rates than those offered by CDs and savings accounts. This tool is also a great way to assist your church in the future, but most important, benefit yourself and increase your income. Most important, make sure your will is up-to-date and all necessary papers such as Power of Attorney (medical and financial), Directive to Physicians, Family or Surrogates, Notice of Death With Dignity Request, and funeral arrangements. Remember, always consult your legal and tax advisors.

	<u>One Life</u>		<u>Two Lives</u>		
Age	55	4.8%	Age	55/60	4.4%
	60	5.0		60/65	4.8
	65	5.3		65/70	5.0
	70	5.7		70/75	5.3
	75	6.3		75/80	5.8
	80	7.1		80/85	6.5
	85	8.1		85/90	7.5
	90+	9.5		90/95	9.0

Circle These Dates On Your Calendar!

August 21 Mystery Lunch!
 August 28 Tour the new Cowboys Stadium in Arlington
 September 9 Visit to Eisenhower Birthplace Museum in Denison
 October 22 AARP Driver Safety Program
 October 23 Eisemann Center: "Church Basement Ladies"
 December 28, 2009-January 9, 2010 Holy Land Trip

2010

May 4 Cal Hurley at Texas Hall at UT Arlington
 August or September Trip to Michigan: Visit world's largest
 Christmas store, Mackinac Island, Grand Hotel, Ford Museum
 November 15 Branson Trip: Stay at Savannah House,
 shows include Tony Orlando/Lennon Sisters, Clay Cooper,
 Miracle of Christmas, Presley's, The Platters, Haygood Family,
 12 Irish Tenors

EXCURSIONS

Visit Birthplace of Dwight David Eisenhower Wednesday, September 9



The visit to the birthplace of Eisenhower includes a 12-minute video on his life. We will view a quilt made by Ike's mother that contains fabric swatches he and his brother Arthur helped cut. The museum and grounds are free to visitors. We will enjoy this historic visit, and then have lunch at Huck's Catfish "The One, The Only, The Original."

- 8:15 am Depart FBCD
- 9:30 am Arrive Denison
- 9:45 am Tour of house, and video
- 11:30 am Arrive Huck's (lunch on your own)
- 12:30 pm Depart Huck's
- 2:00 pm Return FBCD

Cost: \$7 plus lunch at Huck's Limit: 22

Putting It All Together

A father was trying to read but was being bothered by his little girl, Shelby. She wanted to know what the United States looked like. Finally, he tore a page out of his magazine on which was printed a map of the country. Tearing it into small pieces, he gave it to Shelby and said, "Go into the other room and see if you can put this together. This will show you our whole country today."

After a few minutes, Shelby returned and handed him the map, correctly fitted and taped together. The father was surprised and asked how she had finished so quickly.

"Oh," she said, "on the other side of the paper is a picture of Jesus. When I got all of Jesus back where he belonged, then our country just came together."

More Uses for Bounce Dryer Sheets

8. Place a Bounce sheet in the vacuum cleaner for fresh scent while you vacuum.
9. Prevent thread from tangling. Run a threaded needle through a Bounce sheet before starting to sew.
10. Place a Bounce sheet inside each of your empty suitcases before storing them to prevent musty odor.

★ TOUR THE NEW COWBOYS STADIUM ★



Friday, August 28 or NEW! September 18

We are looking forward to the opportunity to see and visit different sections of the stadium including Pro Shop, scoreboard control room, a suite, pressbox, Silver Level platform, player interview room, and Cowboys locker room. We have added a second date in September if you miss out on the August one.

The tour will last 1 hour and 15 minutes; a lot of walking, so you will need comfortable walking shoes. You will not be allowed to have food or drink during the tour; no purses, bags, backpacks, or any sort of tote allowed on the tour, but cameras and video recorders are permitted.

- 8:45 am Depart FBCD
- 10:00 am Arrive Cowboys Stadium
- 10:30 am Our scheduled tour
- 11:45 am Complete tour
- 12:30 pm Lunch (on your own)
- 2:45 pm Return FBCD

Cost: \$12, due at signup Limit: 32 (8/28); 22 (9/18)



STATE FAIR OF TEXAS

Thursday, October 1

- 9:00 am Depart FBCD
- 10:15 am Arrive State Fair; try to eat one of everything (on your own)
- 3:00 pm Load up for Denton
- 4:30 pm Arrive FBCD

Cost: \$3, due at signup Limit: 22

EXCURSIONS

MYSTERY? LUNCHES

Friday, August 21

- 10:15 am Depart FBCD
- 11:00 am Lunch you will enjoy
- 12:15 pm Depart for home
- 1:00 pm Return FBCD

Cost: \$15, due at signup Limit: 22

Wednesday, September 23

- 10:45 am Depart FBCD
- 11:15 am Lunch
- 12:30 pm Depart for home
- 1:15 pm Return FBCD

Cost: \$12, due at signup Limit: 22

SENIOR ADULT DAY at Camp Copass

Tuesday, October 6

- 9:30 am Depart FBCD
- 10:00 am Registration, followed by music by Lisa Land, message by Dr. Paul Powell, and lunch provided by Camp Copass; special time following lunch!
- 2:15 pm Depart for FBCD

Y'all Come!

OPPORTUNITIES

Food Pantry Volunteers Needed

The available time slots are from 2:00 – 4:00 on Monday and Thursday afternoons. Please talk to Judy or Cliff about signing up. Thanks for your interest in and support for the Food Pantry. We are averaging 15 to 20 families per week.

Volunteers are always needed!

Contact any of the following to volunteer:

Our Daily Bread	Sherry Walker	241-5066
Meals on Wheels	Janice Blair	387-3464
Homebound Ministry	Reta Duncan	382-3513
Office Volunteers	Betty Puckett	387-4295
	Jean Robinson	321-2471
Serving Our Seniors	Bettie Ford	382-5312

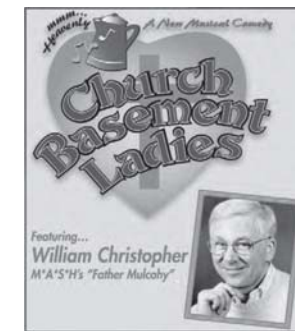
STAGE & SCREEN

"Church Basement Ladies"

at the Eisemann Center

Friday, October 23

Featuring William Christopher ("Father Mulcahy" from *M*A*S*H*) as the pastor, "Church Basement Ladies" is a musical comedy celebration of the church



basement kitchen and the women who work there. It features four distinct characters and their relationships as they organize the food and solve the problems of a rural Minnesota church about to undergo changes in 1964.

From the elderly matriarch of the kitchen to the young bride-to-be learning the proper order of things, we see them handle a record-breaking Christmas dinner, the funeral of a dear friend, and a Hawaiian Easter fundraiser.

- 6:15 pm Depart FBCD (eat at home first!)
- 7:30 pm Arrive Eisemann Center
- 8:00 pm "Church Basement Ladies"
- 10:45 pm Return FBCD

Cost: \$37 Limit: 22

Report on Revival

sponsored by Adults 55 Plus

The Sunday night attendance was a big boost to the spirit of our revival. Monday, Tuesday and Wednesday, the noon attendance grew each day. Dr. Paul Powell is a great communicator with his age group. His messages were practical and uplifting and his sense of humor appreciated.

We continue to enjoy and be grateful for Keith McGee's musical talent and leadership. We also depend on Jean Senn and have a lot of gratitude for her willingness and lovely attitude.

Please remember to thank our kitchen personnel, led by Marci Spurgin. Marci does her best to please with the meals as well as the service.

No doubt, our lives were enriched by the services and the great fellowship!