

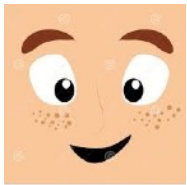


Our mission is to: Come alongside senior adults in a dynamic season of life to provide friendship, laughter, spiritual care and a great lunch.

Happy May!

Our newsletter opens today with a short story. . .

A grandmother and a little girl whose face was sprinkled with bright red freckles spent the day at the zoo. The children were waiting in line to get their cheeks painted by a local artist who was decorating them with tiger paws.



'You've got so many freckles, there's no place to paint!' a boy in the line cried.

Embarrassed, the little girl dropped her head. Her grandmother knelt down next to her. 'I love your freckles,' she said.

'Not me,' the girl replied.

'Well, when I was a little girl I always wanted freckles,' she said, tracing her finger across the child's cheek. 'Freckles are beautiful!'

The girl looked up. 'Really?'

'Of course,' said the grandmother. 'Why, just name me one thing that's prettier than freckles.'



The little girl peered into the old woman's smiling face. 'Wrinkles,' she answered softly.

There is so much to love about this! Here is my one big take away. Kindness matters. When we are kind, it touches the heart of another person in a way few things can. That grandmother could have yelled at the parents of the boy, taken the girl out of the zoo or bought her an ice cream to make her feel better. Instead, she affirmed the girl with kind words. Then, the little girl did the same, because she learned how to from her grandmother. Let's practice kindness in our lives, as that is how the Lord treats us.

Hope to see you in May! Love to all.

~Pastor Colleen



Come Try Out Lawn Bowling!

Mary, who works with Chef Michele preparing the luncheon is also a lawn bowler. She says "Come and bowl! It is so much fun to be out in the sun with congenial people and a fine view! Lawn Bowling happens every Monday, Wednesday and Friday at MacKenzie Park and you just need a few simple lessons (free! call 563-2143) and then can join the club. This is a lovely way to spend an hour or so whenever you want, meeting other people, honing your skills and -- if you want -- planning a winning game. The camaraderie is lovely. And you'll suddenly be part of a worldwide community -- wherever you go you will be welcomed into clubs." Right now you can try it out on May 6 from 10am to 3pm at the open house: it's all free: pizza, sodas and bowling! Look for Mary there as one of the instructors. This is at State St. and Las Positas on the upper level. Online you can look at: <http://www.mackenzieparklbc.org/> for general information.



Did You Know... May Trivia...

1. In any given year, no month ever begins or ends on the same day of the week as May does.
2. May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day".
3. The United Kingdom celebrates May as the National Smile Month.
4. On May 1, 1931, the Empire State Building was officially opened.
5. No United States president has ever died in May. It is the only month with that distinction.
6. In the nursery rhyme "Here we go gathering nuts in May," the word "nuts" was probably a corruption of "knots" meaning bunches of flowers.

Senior Study

This group will resume in May! Please join us as we talk about some interesting topics.

Pastor Colleen and **Alison Dillemath** will be co-leading a time of discussion about various historical things so we can all learn together.

May 11: Dead Sea Scrolls

May 25: Noah

We meet in the Upper Room, where the lunch is held, from 1:00-2:30pm. All are invited!


LIVE UNITED

This Month @ Senior Lunch:

Thursday, May 4:

Today, a group from the **Mesa Seniors Group**, called **MeSenGr**, will be joining us! They are interested in making some new friends and we thought that was a lovely idea. So, we will be playing a few fun games, of course with good prizes and doing some sharing. For instance, you might want to bring some thoughts on: What is the best advice someone (could be anyone) gave you in life? This promises to be a wonderful time of discussion, meeting people and eating good food. **Pastor Colleen** will bring a short devotional as well! Hope to see you!

Guess what? It's almost **Cinco De Mayo!** So, we will be having pork and vegetarian tamales, jicama and orange salad, rice and beans, chips, salsa and guacamole. Invite a friend!

Thursday, May 18th:

Dr. Fred Kass, from the **Cancer Center**, will be our guest speaker today. He will be talking about "**Discovering God Through Science.**" As a medical practitioner, Dr. Kass has seen first hand how science and faith interact. He will cause you to think, help you laugh and give his unique take on a venerable subject. For lunch, we will serve Chicken Saltimbocca, pasta puttanesca, and a lovely salad. Hope to see you!

Fun In The Sun!

Last year, we had Joshua Canada come from the United Way. In his presentation, he told us about an excellent summer program they offer for local academically and financially at-risk children and families. This service addresses summer learning loss and the achievement gap by offering hands-on project-based lessons, and utilizing a variety of services from local organizations.

One of the things they do is to offer a time for volunteers to come and share a noonday meal with the kids at one of the schools where the kids meet. Many of you expressed interest in going to meet the kids, so we have planned a time for 15 of you to go and share in the Lunch Bunch time at Harding School. Pastors Colleen and TJ will be going and transporting whomever would like to go.

Here are the details:

What: Lunch Bunch meeting for Fun in the Sun kids

When: Thursday, June 29th

Meeting Place: Free Methodist Church

Time to Meet: 11:30am.

Beginning at the lunches in May, you will be able to sign up with Carol at the sign in sheet. We hope many of you will take this marvelous opportunity!

The Lunch Bunch! 11am-1pm

This Ministry Sponsored by

Cliff Drive Care Center
The Balin Trust

Santa Barbara Free Methodist Church
Friends of Senior Lunch

Thank you!

**E
I
e
m
e
n
t
s**

N I O D I N E U C M D M U I R U C B B R M K
 E P R O T O A C T I N I U M N M C V I H U O
 G T O R U T R L T F M M W K U E Y E C E N P
 O L M V D I N I N U Z M U I H T I L V N I L
 R A C A C T Y O I G B I D I T D P B M I T M
 D B O A G A P D B V F A R E N L Z U U U A A
 Y O P V F N N M E R N M R C G A I F I M L N
 H C P U W I E G U A A B U M O M R R R U P G
 S H E L M U N S V I I C U I Y N M U E N F A
 M L R F U M P H I U M I M D C U I V C A U N
 U O M M I T J R M U N D O U I L T U Y H Y E
 I R U U L N O F O R M E A S I I A F M T M S
 T I I I L C E N O M S Z S C N N A C T N U E
 E N D M A Q A F I A E A O M I M O R B A I D
 T E I O H F I E R U T T N K U R I L W L D A
 U R R R T L Q P S O M O H I P U O I O G I E
 L T I H A E F X P I T C D I M M C N L P B L
 A O G C N P E Y Y P U O N M U I N E H T U R
 M U I S O R P S Y D H M X I U M U E K F R Q
 A M U I D A R R G R F K J B Z M U I L U H T
 B B Y T A E K A X E N O N L T T H O R I U M
 Z B B Z R E Z X T U N G S T E N N S B H H L

Find each of the words hidden in this puzzle. Words can be found horizontally, vertically, and diagonally. Words may overlap and share one or more letters.

- | | | |
|-------------|---------------|-----------|
| CADMIUM | KRYPTON | RHODIUM |
| CAESIUM | LANTHANUM | RUBIDIUM |
| CALCIUM | LEAD | RUTHENIUM |
| CALIFORNIUM | LITHIUM | THALLIUM |
| CARBON | LUTETIUM | THORIUM |
| CERIUM | MAGNESIUM | THULIUM |
| CHLORINE | MANGANESE | TIN |
| CHROMIUM | PLATINUM | TITANIUM |
| COBALT | PLUTONIUM | TUNGSTEN |
| COPPER | POLONIUM | URANIUM |
| CURIUM | POTASSIUM | VANADIUM |
| DYSPROSIUM | PRASEODYMIUM | XENON |
| HYDROGEN | PROMETHIUM | YTTERBIUM |
| INDIUM | PROTOACTINIUM | YTTRIUM |
| IODINE | RADIUM | ZINC |
| IRIDIUM | RADON | ZIRCONIUM |
| IRON | RHENIUM | |