



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

Summer

Since it is summer, we are going to lighten things up a bit. Did you know there are websites where you can find only positive news? When you go on it, there are only inspirational, uplifting and fun stories for you to read. What a good idea! And, it's all true, which is important to note in our current cultural milieu. Here are some of the stories coming out of "Sunny Skyz News":

-A 70 year old Dublin woman has voluntarily moved out of her family-sized home into a small apartment so a family in need can use what has become too big for her.

-Inmates save a correctional officer in Georgia, who passed out during work detail, choosing to save him instead of escaping.

-A 10 year old has invented a device called Oasis, which may prevent hot car deaths.

-There is a restaurant in Japan that only uses servers with dementia and Alzheimer's. Their motto is, "You never know what you are going to get!"

-There is a water park in Texas that is designed for kids with disabilities, so they don't miss out on all the fun.

-It is being reported by the Giving USA Foundation, that Americans gave \$390 billion to charity.

-Two mama elephants in South Korea work together to help save a baby elephant which had fallen in the water.



Good news. This is what the world needs. There is much destruction, heartache, hatred and vindictiveness happening everywhere. We also have to be reminded of the wonderful events and at the way God is using people to help bring goodness and love. It has been shown that a steady diet of regular news can cause stress and anxiety, especially if we think that ONLY the negative things are happening.

It is the same in our lives. We need to be reminded from the bible and from the community of faith to not forget God's love for us, His promises that never end for us, and the bigger plan happening around us.

Let's keep a realistic view of the world by keeping up to date. And, let's remember to tune into the good news, both in the world and from God's own word. Happy Summer!

If you want to check out the website of the positive news: www.sunnyskyz.com

Colleen



- MURPHY BED
- MUSIC
- OCEAN
- OUR OWN FLOOR
- OUTLETS
- PANAMA CITY
- PARADISE
- PENT HOUSE
- PINEAPPLE WILLY S
- PINNACLE PORT
- POOL
- RELAX
- SAND
- SANDBAR
- SANDWICHES
- SEA SHELLS
- SHARKS
- BEACH
- BOAT
- CAR RIDE
- CRABS
- CROCS
- DANCE
- DOLPHINS
- EXPLORE
- FAMILY
- FISH
- FISHERMAN S WARF
- FUDGE
- GOGGLES
- JELLY FISH
- JOURNAL
- LOTION
- MAGAZINE

- SHELL ISLAND
- SHOP
- SHRIMP
- SMILE
- SNORKLE
- ST ANDREWS
- SUMMER
- SUNSCREEN
- SUNSET
- SWIM
- TANNING
- TSUNAMI GAME
- TUNA
- VACATION
- WEEK



The Lunch Bunch! 11am-1pm

Here is what is happening at the lunches:

Thursday, July 6: This is going to be a fantastic patriotic day. **Mark Bates** will be with us to tell stories of the history of Independence Day. **Pastor Colleen** will give a short devotional. **Jean Browne**, one of our new volunteers, will play the piano so we can have a sing-a-long with uniquely American songs we all grew up singing. Of course, we will have the **Questions of the Day**, as well as some jokes. To top it off, we will have a delicious lunch of traditional fare: BBQ chicken, corn bread and baked beans.

Thursday, July 20th: What a great day we have planned for you! **Debbie Denke**, our friend and neighbor on the Mesa, is going to be coming to play a musical game with us. Debbie is a classically trained pianist who has a passion for jazz while also training the next generation of musicians. She has written books and is quite sought after for playing around town, as well as for education. Today, she is going to be playing a game with us from her new work called, **"It's All About YOU!"** After an evening with friends, Debbie looked up and discovered there are over 800 tunes that contain the word 'you' in their titles. She is coming to play a musical game with us she is calling, "Name That YOU-Tune", which will be fun. There will be prizes! For lunch, we will serve a lovely cedar plank salmon, wild rice, salad and a great dessert. Hope to see you there!

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If you missed the **Questions of the Day** from last month's Senior Lunch:

1. According to a recent survey, over 40% of of us do what when we are angry?
2. Ancient Romans were the first to develop this custom.
3. 50% of women and 60% of men talk to their bosses about this.

(Answers may be found below)

REMEMBER:

In August, we take a break from the lunches. See you in September!

3: Their love life!
2: Wearing wedding rings
1: Eat Ice Cream!

ANSWERS:

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Thank you!