



Senior Newsletter

November 2017

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
Thanksgiving!



There are many calls to be thankful during this time of year. Thanksgiving has been celebrated nationally in our country officially since 1789 and was established so we might pause for an entire day to give thanks for all we have as a nation and as a people. The Native Americans celebrated in a similar way before the colonists came here, setting aside a time to mark the harvest bounty. It is a favorite holiday for many, as it is based on an uplifting notion. Being thankful causes us to get outside of ourselves and see what God is doing. It helps us count blessings instead of complaining. Those of you at our last senior lunch remember one of our questions of the day, that on average we complain close to 80 times a day!! This is certainly a habit worth discontinuing. Being thankful puts our hearts and minds in a place where we are more receptive to others and the presence of God. Yet, what does it take to be thankful? Is it simply enough to be reminded? So often, it is not until we lose something that we realize how much that something or someone meant to us. We are thankful for our health when we are hospitalized. We understand how much someone means to us when they are gone. Maybe, Thanksgiving is not a time of obligatory gratefulness, but a time to truly stop and think about where our hearts are with regard to what we have, understanding all we have is a true gift from the Lord. When we do that, true thanks will emanate from our hearts and minds naturally. This month, I wish each of you a lovely holiday with those whom you love. More than that, I pray for all of us to reflect on the Lord's bounty in our lives and to truly give thanks for all we have. Happy Thanksgiving! ~Pastor Colleen



All in the Interest of... Education?

♦ WHY?

Why do people clink their glasses before doing a toast?



BECAUSE

In earlier times it used to be common to try to kill an enemy by offering him a poisoned drink. To prove to a guest that a drink was safe, it became customary for a guest to pour a small amount of his drink into the glass of the host. Both men would drink it simultaneously. When a guest trusted his host, he would only touch or clink the host's glass with his own.

♦ WHY?

Why are people in the public light said to be "in the limelight"?

BECAUSE

Invented in 1825, limelight was used in lighthouses and theaters by burning a cylinder of lime which produced a brilliant light. In the theatre, a performer 'in the limelight' was the Centre of attention.

Happy Thanksgiving

... Education?, Con't

♦ WHY?

Why is someone who is feeling great 'on cloud nine'?

BECAUSE

Types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.



♦ WHY?

Why are many coin collection jars shaped like pigs?

BECAUSE

Long ago, dishes and cookware in Europe were made of dense orange clay called 'pygg'. When people saved coins in jars of this clay, the jars became known as 'pygg banks.' When an English potter misunderstood the word, he made a container that resembles a pig. And it caught on.



Our Lunches this Month...

November 2 **NUTRITION**

Helen Curhan will be with us today to answer any and all questions about nutrition. This is an important part of our lives, no matter our age. Please come with questions you have about food, exercise, vitamins, etc. Helen will, in her very entertaining way, speak to us with candor and good humor about good health. Helen has years of experience in Santa Barbara as a nutritionist. For lunch, we will serve a delicious grilled citrus flank steak, portobello mushrooms, and rosemary roasted potato salad. Have a friend you know who might be interested in coming with you? Bring them along!

November 16

It's Thanksgiving! **Pastor Colleen** will be bringing a short homily related to gratefulness. We will engage with one another in some holiday memories and what we are truly thankful for in this particular time of our lives. What should we feast on? Everything traditional! We will start with butternut squash soup, move on to Waldorf salad, then to roast turkey, mashed potatoes, stuffing, sweet potatoes, and end with some kind of pie. What more could we ask for in a lunch? All guests are welcome!

HYMN SING!



Join us for an old fashioned hymn sing on Sunday evening, November 12th. We will meet in the sanctuary of the Free Methodist church at 7:15pm. We will take requests! Hope to see you there! More information? Please contact the church office: 965-1338, ext. 0.

A THANKSGIVING FABLE

It was a hungry pussy cat,
upon Thanksgiving morn,
And she watched a thankful little mouse,
that ate an ear of corn.

"If I ate that thankful little mouse,
how thankful he should be,
When he had made a meal himself,
to make a meal for me!
Then with his Thanks for having fed,
and thanks for feeding me.
With all his thankfulness inside,
how thankful I shall be!"

Thus mused the hungry pussy cat,
upon Thanksgiving Day.
But the little mouse had overheard
and declined (with thanks) to stay.

by Oliver Herford

Read more at <http://www.theholidayspot.com/thanksgiving/poems.htm#GrgY4ssSmcyjakMU.99>

The Lunch Bunch! 11am-1pm

This Ministry Sponsored by

Cliff Drive Care Center

Santa Barbara Free Methodist Church

The Balin Trust

Friends of Senior Lunch

Valley Flowers

Thank you!

Spelling difficult words

The
Word
Search
Puzzle
this
month
is a bit
different
but
hopefully,
still fun!

I	I	O	Q	N	E	S	A	U	S	A	G	E	C
T	B	E	N	U	O	A	T	I	Q	I	B	B	S
T	S	G	B	I	I	K	R	C	L	A	N	G	L
E	E	A	C	I	O	N	Q	O	N	K	L	O	Y
H	O	B	L	L	S	N	C	Q	N	I	A	Y	Y
G	G	B	A	M	A	C	U	E	I	C	T	R	C
A	N	A	I	G	O	E	U	I	I	S	T	E	E
P	A	C	U	R	T	N	R	I	C	P	K	L	N
S	M	S	B	C	E	T	D	E	T	I	O	E	G
B	N	I	K	P	M	U	P	O	C	N	B	C	A
G	I	L	S	S	A	S	P	A	R	A	G	U	S
Q	O	G	T	C	R	G	Q	U	I	C	H	E	A
H	I	C	U	P	B	O	A	R	D	H	A	O	L
O	U	T	O	P	S	I	C	N	A	C	S	G	N

ASPARAGUS

PUMPKIN

BANQUET

ALMOND

YOLK

BROCCOLI

QUICHE

SPAGHETTI

MANGOES

SPINACH

CABBAGE

CUPBOARD

LASAGNE

SAUSAGE

ONION

CEREAL

CELERY

BISCUIT

QUINCE