

The MDUMC Billboard – Thurs., May 10, 2018

Memorial Drive UMC *Our Adult Ministry* newsletter for **Boomers** (born 1946-1964) and **Seniors** (born 1945 or earlier).

All activities are open to anyone who's interested, especially those 53 and better! The more, the merrier! All our activities and events are alcohol-free, and everyone is welcome! Participants do not need to be a MDUMC member. Invite your neighbors and friends!

Important Community Meetings

Tell your friends and neighbors and invite them to attend.

- **May 17 (Thurs.)** - The Metropolitan Organization (TMO) at 7 PM at Christ the King Catholic Church; review of important societal issues; transportation provided by reservation only, contact SheriKelley@mdumc.org
- **May 20 (Sun.)** - *Harvey Questions - Answered!* at 4-6 PM in Wesley Hall; special speakers will be Housing Director of the City of Houston Tom McCasland and a representative from the County Judge's office regarding the upcoming bond

Body, Mind & Spirit Thursdays

Come up to the Main Campus on any given Thurs., and you'll find something going on for older adults. Please contact SheriKelley@mdumc.org or call 713-468-8356, ext. 119 if you plan to purchase lunch. Main course, side, & dessert is \$5. Add \$2 if you also want a salad.

May 17 (Thurs.) - Lunch & devotional in Room 100 at 12-1 PM

1-2 PM - Memory Makers Singalong in Room D100

1-2 PM - Cut out paper trees for VBS in Room D101 (volunteer opportunity)

May 24 (Thurs.) - Lunch & devotional in Room 100 at 12-1 PM

Email SheriKelley@mdumc.org to sign up for:

11-11:45 AM - Stretching Exercises

11-11:45 AM - Conversational Spanish

1-1:45 PM - Smart Phone Training with Drew Essen

2-2:45 PM - Medical Moment with Linda Jenkins

1-2:45 PM - Cut out paper trees for VBS in Room D101 (vol. opp.)

3-3:45 PM - Cooking demonstration/tasting

Summer Boomer Dinner-Study

On the 1st and 3rd Sun. evenings of June, July, and Aug., there will be an opportunity for Boomers to get together for potluck dinners and take part in a study written by John Ortberg. The title of the study is *I'd Like You More if You Were More Like Me*. We'll meet at 6-8 PM at The Adult Ministry Center (The

Gate). It's not necessary to buy a book, but if you want one, they're \$15 each. To sign up, contact SheriKelley@mdumc.org.

John Wesley Tour

Sept 28-Oct. 6, 2018 - Dr. Robbins and Rev. McPhail are leading this tour to England where travelers will learn about the legacy of John Wesley and the Protestant movement. The optional extension will be to Ireland. Now is the time to sign up though! The first group meeting is set for June 3. For more information or to sign up, contact BeckyBogart@mdumc.org.

A Tour & Lunch at The Abbey

May 15 (Tues.) - Join us for lunch and a personal tour of The Abbey at Westminster Plaza, a Luxury Retirement Community offering Independent Living, Assisted Living and Memory Enhancement. Only 14 spaces on the van are available. We'll leave at 10 AM from the west Main Campus parking lot. There is no cost. To sign up, contact SheriKelley@mdumc.org.

Day/Weekend Trips

- **Dunham Bible Museum** - On Sat., **May 19**, we'll travel to Houston Baptist University for a guided tour of this museum www.hbu.edu/museums/dunham-bible-museum. We'll leave from the Main Campus west parking lot at 9:30 AM for a 10 AM tour time. After the tour, we'll have lunch at Los Tios at Tanglewilde Center www.lostiosrestaurant.com/home. There is no museum entrance fee, but donations are welcomed. The only fee will be the \$2 transportation fee. To sign up, contact Carol Halliday at jraganh@icloud.com or 832/295-3730.
- **Festival Hill in Round Top** - **Please let me know by May 31 if this would be of interest to you.** On Sat., **July 14**, we are hoping to attend the concert *Homage to Claude Debussy* which will be presented at 3:30-5:15 PM. After the concert, we'll stop for dinner at one of the local restaurants. The cost for the concert is \$25 plus \$2 for transportation (\$27). Please email SheriKelley@mdumc.org if you'd be interested.
- **Co-Cathedral of the Sacred Heart** - We're planning an outing on Sun., **July 22** for a 3:30 PM tour of this local Co-Cathedral. We'll leave from the Main Campus west parking lot at 2:30 PM. The only cost is the \$2 transportation fee. Love offerings will be accepted at the cathedral though. After the tour, we'll stop at Cleburne's Cafeteria for dinner. To sign up, contact Carol Halliday at jraganh@icloud.com or 832/295-3730.
- **Federal Reserve Building** - (Please note the change of date!) On Tues., **Aug. 28**, we'll go on a 1.5-hour tour of this incredible facility and then enjoy lunch at The Dunlavy www.thedunlavy.com. Tours are free and begin at 10 AM, so

we'll leave at 9:15 AM. The only fee is the \$2 transportation fee. Sign up with Susan Garfield at susangarfield1313@gmail.com.

- **Would you be interested?**

I really appreciate all the ideas that you're sending me! Look at the list below. Let me know which ones you'd be interested in. If you'd be willing to help coordinate one of these, let me know!

1. A city tour of Houston
2. A Port of Houston Ship Channel tour
3. A tour of the Bryan Museum in Galveston
4. A tour of Bayou Bend
5. A tour of Brookwood followed by lunch at their café
6. The Painted Churches in Schulenburg
7. A fall weekend trip Arkansas
8. *Death by Natural Causes* at the Museum of Natural Science
9. Tony Bennett at Smart Financial Center on Aug. 23
10. *The Great American Trailer Park* musical at Stage through July 22
11. Guided tour of the Lanier Theological Library (only M - F)
12. Monthly Bingo & potluck dinners during the summer

Sporting Events

- **Let's Go To The Skeeters' Game!** - Join us at Constellation Field on Sat., **June 16!** The Journey Band will play before the game at 5:15 PM, and the choir will sing the national anthem! 45 tickets have been purchased at the group rate of \$13 each. If you'd like to ride the church bus to the game, add \$2. We'll probably leave from the Main Campus west parking lot about 4:15 PM. Contact Bert Calabro at bncalabro@hotmail.com to sign up.

This & That

- **Monday Bridge** - **Every Monday** at 1:30-4 PM at The Gate, join other Boomers & Seniors for bridge. We currently have 4 tables and are willing to add more! For more information or to sign up, contact louisekiel@earthlink.net.
- **Quilting Group** - **Every Monday** at 1-3 PM in Room D203, classes are held to teach interested persons how to create quilt blocks. These blocks can then be used to make a row quilt, a sampler, quilt, or many other smaller projects. All are welcome, especially beginners. Contact Linda Garside at 713-789-8021.
- **Zumba exercise classes** - Every **Mon. and Wed.** at 5:30-6:15 PM in the Scout House, there are Zumba exercise classes open to anyone who'd like to attend. The cost is \$5/class/person. No need to sign up. Just show up!

- **Medicare Scam Warning**

There is a scam going around involving the new Medicare Cards coming out in Apr. It might come in handy to know Medicare will never call you on the phone. It is true that the new cards will be sent out from Apr. 2018 to Apr. 2019. Medicare has also warned of scams. They do not charge for cards or want your personal information over the phone. This change is coming up. DO NOT give out information over the phone.

Support Groups

- **Grief Share** - We are now on a short break before starting the next series on **May 31**. This support group meets **every Thurs.** at 6-8 PM in Room D206. There is a \$20 fee that covers the cost of the workbook. Grief Share has benefitted hundreds of people in the past 12 years that it's been offered at the church. Please tell others in the community who have also experienced the death of a loved one. Contact SheriKelley@mdumc.org to sign up.
- **Neuropathy Support Group** - This group meets on the **4th Sat.** of each month at 1-2:30 PM in the upstairs Youth Lounge area. No need to sign up, just show up! They won't meet on **May 26** since it's Memorial Day weekend.

Memorial Services

None at this time.

Opportunities to Be the Church

The following suggestions are ways that we can be the church and establish our legacy within the church. Here are ways we can be in service both in the church and in the community. How can I reach out to others for the sake of the world?

Bingo Donations - We collect items for Bingo prizes. If you have any items to donate, please feel free to drop them off in Sheri's office.

CrossWalk Houston - There are many ways we can help neighbors right here in our community. Contact Sedonia at sedonia.finstad@gmail.com.

Drivers Needed - Senior Rides and More needs drivers to volunteer for the service they offer to seniors in the area. If you'd be willing to provide rides on your own schedule, go to the website at www.seniorridesandmore.org.

Hurricane Relief Work - On May 19, MDUMC will be sending people down to Wharton, TX to help with their clean-up and reconstruction. About 60% of the homes in Wharton were affected by the hurricane. If you'd like to help in some way, please contact KandiceKirby@mdumc.org.

Memorial Assistance Ministries - MAM needs volunteers for Family Assistance Programs (Data Entry, Client Interviewer, Receptionist), ESL and Citizenship

(teachers, assistants, tutors), Employment Services (Computer Literacy, Job Coach), Financial Literacy (Financial Instructor, Financial Coach), and Immigration. If interested, contact Pam Shirk at PShirk@maministries.org.

Rides for Older Adults - Some of our Older Adults are unable to drive themselves to the church for functions. If you're one of those people who needs a ride, please email SheriKelley@mdumc.org. If you would be willing to give someone a lift, contact Sheri as well.

Note: Check out Senior Rides and More at www.seniorridesandmore.org to find out how to get complimentary transportation for those 60+ to doctors' appointments, grocery shopping, etc. Sunday transportation is not included. A week's notice is required.

Note: We have someone who lives in the Westheimer & Kirkwood area who needs a ride to and from 9:30 AM Sunday school & 11 AM worship. If you could drive one-way or round-trip, please contact Sheri.

Note: Bus service is provided to/from Parkway Place and Eagle's Trace on Sun. mornings. If you'd like to ride, please wait in the lobby for the bus to arrive between 8:45-8:55 AM. The bus will drop you back at your residence after the last worship service.

Rotary Dial Phones - The day school needs old rotary dial phones to use in their classrooms. This helps with eye-hand coordination. If you have a phone, please give it to Sheri in Friendship Court on Sun. or drop it off in her office during the week.

Storytime Ministry - This is an opportunity for our people to read stories to children in our day school. What a wonderful way to share the love of Christ with the next generation! If interested, contact SheriKelley@mdumc.org.

Second Family Care Team - We are looking for individuals who would like to be a friend to someone who needs some TLC. It could be face-to-face visits or it could be a phone call! You set your schedule and your limits. It means so much to the care receiver though to know that someone cares. To find out more about this ministry, contact SheriKelley@mdumc.org.

Trash to Treasure for the Day School - If you have paper towel rolls, toilet paper rolls, sheets of bubble wrap, clear empty water bottles, applesauce cups, wallpaper books, home magazines, ribbon, or extra-large buttons, bring them to Sheri's table in Friendship Court on Sun. or to her office during the week. All these items are regularly used in our day school classes. Let's help them collect the supplies they need!

Vacation Bible School - Volunteers are needed to help with VBS in the mornings on **July 16-20**. This is such a fun opportunity! To see where you can serve, contact AllysonGeorge@mdumc.org.

Voter Registration - If you aren't yet registered to vote, please stop by Sheri's table in the Friendship Court to pick up a voter registration form. We are assembling teams to go out into the community to register voters. We'll

probably target groceries stores, Walmart, etc. If you'd like to be a part of this drive, please contact franklinolson@sbcglobal.net.

Wedding Guild - People are needed to help couples on one of the most exciting days of their lives - their wedding day! You would get to know a couple and help them calmly navigate the ceremony. What a fulfilling and joy-filled ministry! If interested, please contact christenharvey@mdumc.org.

Caring Ministries

If a contact person is not listed, please contact Rev. Jim McPhail at jimmcpmail@mdumc.org or Sheri Kelley at sherikelley@mdumc.org or call 713/468-8356. Our Parish Nurse, Linda Jenkins, can be reached at LindaJenkins@mdumc.org or 713/468-8356, ext. 256.

A.A. "Helping Others Group" – every week on Tues. at 7:30 PM in D208 (Sheri)

A.A. Roll Call Group – meeting for 1st responders; Thurs. at 7 PM in D208; call Allen at 832-352-0709 (Sheri)

ADDults – 3rd Thurs. at 7 PM in D200; contact Martha Class at marthacla@me.com (Sheri)

Al-Anon "Keep Coming Back" – every week on Tues. at 7:30 PM in C111 (Sheri)

Al-Anon "Town & Country discussion AFG" – Thursdays at 8 PM in D201 (Sheri)

Alzheimer's Support Group and Respite Care – 2nd Wed. at the Adult Learning Center at 1 PM, contact Sandra Eshelman at 713-952-1772 (Jim)

Alzheimer's Gathering – 4th Wed. at the Adult Learning Center at 10 AM-1:30 PM; Sandra Eshelman at 713-952-1772 (Jim)

ASPIE – support for person with Asperger's; 4th Thurs. at 7 PM in D100, contact Grayson Miller at mgraysonmiller@gmail.com (Sheri)

Blood Donor Ministry – quarterly blood drives at the church (Jim); next Blood Drive is **May 5-6**

CanCare – support for persons diagnosed with cancer and their families, contact 713-461-0028 (Sheri)

Chronic Pain & Illness Support – contact Sheri to get resource information (Sheri)

DivorceCare – Thursdays at 6 PM in D205 (Sheri)

Family & Friends/Open Hearts, a reconciling community of MDUMC for families & friends of gays & lesbians - 7 PM in D101 on the 2nd Thursdays of the month, contact Norma at 281/920-9555 (Sheri)

Grief Share – Thursdays at 6 PM in D206 (Sheri)

Home Bound Communion – delivering the elements to those who are physically unable to attend worship (Jim)

Jobs Ministry - Texas HR Pros in Transition – meetings for job seekers every Wed. at 6:30-9:30 PM at The Adult Learning Center; contact Eric at 713-459-1045 (Sheri)

Krist Samaritan Counseling - 281-480-7554 and ask for the counselors at the MDUMC campus

Medical Equipment – provides medical equipment as long as needed, contact Denise Herbers at the Adult Learning Center at deniseherbers@mdumc.org (Jim)

Medical Transportation – provides rides for members to doctors' appointments and hospitals (Jim)

National Alliance on Mental Illness - contact NAMI Greater Houston at 713-970-4419 (Sheri)

- **NAMI monthly meetings** - 3rd Mon. at 7 PM in Wesley Hall
- **NAMI Connection Recovery Support Group** - 2nd & 4th Mon. at 6:30 PM in D101; for Young Adults dealing with diagnoses; Olivia Hudson 832-398-2000

Neuropathy Support Group – beginning in Jan. on the 4th Sat. at 1-2:30 PM in the Youth Lounge (Sheri)

Prayer Ministry - The MDUMC Covenant Prayer Group offers prayer for those from whom they receive a request. Requests may be left in the collection plates on Sunday mornings or received on our website at www.mdumc.org.

Prayer Shawl Ministry - The Prayer Shawl Ministry lovingly creates prayer shawls to be given to persons who may be ill, experiencing a crisis, or celebrating a joy. Join the knitters on the 2nd Tuesday at 1-3 p.m. in D203 or on the 4th Thursday at 7-9 PM in D200. All skill levels are welcome!

S.A.A. – weekly meetings on Mondays at 7 PM in C201 (Sheri)

S.A.A. – weekly meetings on Wednesdays at 7:15 PM in Room D100 (Sheri)

SOBR – support for individuals dealing with substance abuse; call 713-270-6753 (Sheri)

Second Family Care Team – a circle of caregivers who support & encourage church family members on an as-needed basis; contact SheriKelley@mdumc.org or call 713/468-8356, ext. 119 (Sheri)

Special Needs Ministry – contact AllysonGeorge@mdumc.org or call 713/468-8356, ext. 111

Stephen Ministry - Trained Stephen Ministers are available for those who, during a stressful time, may need a caring, confidential supportive relationship. (Susan Wiley)

Stroke Support Group - meets weekly on Tuesdays at 10:30 AM at the Adult Learning Center; contact Nancy Radecki at rjradecki@sbcglobal.net (Jim)