

MATURE TIMES

Just for Boomers

Welcome to the back page of the Mature Times reserved just for Boomers! So what's on your mind these days? I would love to hear from you about the issues that concern you the most. I will try to address those on the Boomer Blog or if necessary, a small group. Please contact me with those suggestions (melissa@hrbcrichmond.org).

This fall on the Boomer Blog, you will find a series written by professionals in the long term care field. They are going to walk us through the particular options that are out there now. Several of you are considering such options for your parents. It is easier to make such decisions when you are fully informed. Even though many of you are many years away from having to make these decisions for yourself, don't neglect the work of thinking ahead to how you might need to plan for these choices as well.

If you haven't already, I encourage you to subscribe to the blog by going to www.hrbcrichmond.org/babyboomers. Your subscription remains confidential, but you can choose to comment on any of the posts. This will serve as an on-line classroom. Offer your thoughts and questions as appropriate.

I also encourage you to take a look inside this newsletter. While you may not be ready for some of these opportunities, many are a good chance for you to connect with your larger church family and our community as well.

So let me know what's going on in your world! I look forward to growing and serving alongside you!

Melissa Fallen

Mature Times

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What I Did On My Summer Vacation...

It's probably been a while since you had to write an essay entitled "What I Did on My Summer Vacation." Actually, it's been quite a while since I had to write such an essay either, so I thought I would try my hand at it again. Don't worry, I won't bore you with pictures and stories of my buggy ride with my nephews through the Amish country or my tour of the Ben & Jerry's production plant. Instead, I want to talk about some other really neat things I had a chance to witness this summer.



On June 13, after a good time of worship with our church family and a good covered dish meal, we sent a group to the Bland County Ministry Center to work at their annual mission there. It is easy to take groups like this for granted since they go every year, but I am grateful for their commitment to use their gifts to meet needs in another part of the state.

The week of July 12-16, I had a great time watching all generations interacting together at Vacation Bible School. Seeing our older adults singing silly songs, offering hugs, serving refreshments, sharing knowledge, and generally nurturing another generation made me proud to be a part of HRBC. More importantly, it made me really excited to see the kingdom work happening right here within our walls.

The next week, when VBS hit the road to Owsley County, I saw several HRBC generations caravan together to share God's power and light in Kentucky. Though I wasn't able to witness it first-hand, I could tell from the pictures and stories that God was at work making disciples, nurturing friendships, and growing the kingdom.

Throughout the summer, I watched dozens of older adults from our community enter our doors for bridge lessons, summer lectures, and fun and games. I am grateful to get to know these within our community as we extend HRBC hospitality to them.

Also throughout the summer, I had the complete joy of being a part of Be. Love. Serve. Summer Edition. Every week, I watched as you engaged in hands on mission opportunities with our local mission partners. Many of you got to know people you had never met before. You worked alongside children, youth, and adults as we all lived out the call to go and be the presence of Christ in our community.

Other highlights from the summer include the following:

- Listening to the college student who stopped by my office and told me how awesome her HRBC adoptive grandparents were because they, and another HRBC member, took the time to send her encouraging notes throughout the school year.
- Even in the midst of health crises and grief, I watched as you wrapped your arms around families and offered them God's love and care at a time when they needed it most. That love and care is part of what it means to be "kingdom" focused.
- I love seeing how many of you offer your time and talents to teach Sunday School or volunteer in Extended Teaching Care during worship.
- I was *amazed* at the number of backpacks that kept appearing. Your love and care for students you don't even know is a powerful testimony to God's love as well!

I could offer a dozen more examples, but I hope this gives you a taste of the ways God has been at work this summer. Whether inside or outside our walls, each story and each event represents a moment in time where someone grew in their relationship with God and strengthened their relationship with another. Thanks be to God!

Melissa Fallen

Back to Church Night

I hope Sunday, September 12 is already reserved on your calendar. Back to Church Night will be a *little* different this year. In addition to our potluck and large inflatable slide, we will have some games for all generations to play and laugh together. So get your pitching arm ready for the corn hole game and balloon toss, and get your hula hips ready for the hula hoop contest. Don't forget to bring a dish and a lawn chair, and come around 6:00 p.m. to have fun and spend time with your church family.

Spiritual Conversations

One of the four priorities of our older adult ministries is discipleship. My hope is that we all make conscious choices to grow our faith at any age. Every Thursday morning this fall, you have an opportunity to do just that. We are offering three courses beginning September 23 for both men and women. See your September Road or bulletins for more information. Make spiritual growth a priority in your life!



RBA Senior Lunch

The annual RBA fall luncheon is Friday, October 8, at 10:30 a.m. at Westover Hills Baptist Church. Fred Anderson will present, "Sunbeams and Shadows: The Life of George Braxton Taylor." The cost for the lunch is \$6 per person and due to Melissa by Wednesday, September 29. Transportation from the church is provided.

November Hyaets Mission

This fall, we will make our annual pilgrimage to our Hyaets partnership in Charlotte, NC. If you can ride in a church vehicle for five hours, you are able to serve in this mission. The Hyaets group tells me regularly how much they value this mission team. During our three days there, we will cook meals to freeze, provide breakfasts for neighborhood students, help organize the ministry areas (including the new clubhouse), meet with neighbors, and complete any handyman projects we have the skills to do! Sign up begins this month, and the cost will be approximately \$95 per person.

Christmas Dinner – Save the Date!

Please mark your calendars now for Friday, December 3 at 6:00 p.m. for our annual Christmas Dinner. You will receive more details as the event gets closer, but don't miss this time of celebration!

Lakewood Manor Lunch and Lecture Retirement Series

Lakewood Manor is hosting a "lunch and lecture" series for those who are considering a continuing care retirement community. The sessions are September 16, 30, and October 7 from noon to 2:00 p.m. and include lunch. The sessions are free, but seating is limited. Contact Holly Raidabaugh to sign up (521-9100).

Mentoring



We have a group of men and women who give a half hour of their week to mentor a student at Reams Road Elementary School. I wish I had the space to tell you all of their stories of the connections they have with their students. Beginning in October, we will start to match students once again with HRBC folks. If you have an interest in using your time and gifts to mentor a student, please contact Melissa Fallen for details.

Opportunities for Playing, Learning, and Connecting with Our Neighbors

HRBC is a host site for Chesterfield County Parks & Recreation Older Adult programming on Mondays. Through this partnership, we can benefit from the wonderful programming the county offers and more importantly, connect with other older adults in our community. I encourage you to make an effort to attend one of the following events we host:

Games, Cards and Coffee

Mondays, 10:00 a.m. – 1:00 p.m. Bring your own game or join with another group.

Optima Health Screening

Monday, September 20, 10:00 a.m. – noon

Join us for a blood pressure check and cholesterol screening. Register at least one week in advance by calling Catie Horne (339-2877)

Beginner Yoga

Mondays, 9:15 – 10:15 a.m.

October 11 – November 8 (Register with Catie Horne by October 4), \$45

November 15 – December 13 (Register with Catie Horne by November 8), \$45

Please bring a yoga mat or towel as we learn floor yoga that helps posture and balance for seniors.

The Five Elements of Tai Chi

Mondays, 10:30 – 11:30 a.m.

October 11 – December 13 (Register with Catie Horne by October 4), \$90

Explore basic tai chi movement principles, access your inner awareness, integrate your mind and body while learning this complete form.



Fall Dance

Saturday, October 16, 7:00 – 10:00 p.m., \$9

Put on your dancing shoes and join us in the gym. Music is provided by *Lyrics*. Tickets *will not* be sold at the door so get yours early. Contact Judy Jones for tickets and details (751-4135).

Aging Well Seminar

Monday, October 25, 10:30 a.m.

Join us for a presentation from ResCare HomeCare on aging, planning ahead, coping with loss, depression, support, and assistance. Refreshments provided.

Fall Potluck

Monday, November 15, 11:00 a.m.

Pat Roble of the Chesterfield County Museum Association will present a program: "What's in a name – the Origin of Plant Names."

Christmas Celebration

Monday, December 6, 11:00 a.m.

Now and Then will offer a holiday performance followed by light refreshments.

Beginner Bridge Lessons

We currently have a session underway but a new one will likely begin at the start of 2011. Contact Catie Horne for details (339-2877).