

Immanuel Church on the Hill Senior

Scoop

May 2017

Immanuel Senior Ministry Events & Activities

BROWN BAG LUNCH SERIES: "HOW TO SPEAK GEEK: THE FUNDAMENTALS OF INFORMATION TECHNOLOGY"

Tuesday, 6/27/17, 11:00 am – 1:00 pm, Zabriskie Parish Hall, Immanuel Church on the Hill

Still using a flip phone in a smart phone world? Trying to understand the difference between texting, chatting and tweeting? Bret Moore has worked in the field of information technology for 25 years supporting the Department of Defense and private industry. Bret will familiarize us with common terms, concepts and practices in information technology and modern communications. Get the scoop on where IT is heading in the next decade! Bring your lunch and a friend: we will supply dessert and refreshments. RSVP to Jeannie Cummins at jceconsulting@comcast.net or 703-851-5257.

Community Events

SENIOR SERVICES OF ALEXANDRIA COMMUNITY FORUM: "MAKING ALEXANDRIA A LIVABLE COMMUNITY FOR SENIORS"

Wednesday, 6/21/17, 10:00 am – 12:00 pm (registration opens at 9:30 am) Beatley Central Library, 5005 Duke Street, Alexandria, VA

Come be a part of Alexandria's future! Representatives of Alexandria's Commission on Aging will talk about the latest progress for making Alexandria a livable community for all seniors and all ages. We also want to hear from YOU about what's important as a senior so you can remain active and independent. Light refreshments will be served. This event is FREE and open to the public. RSVP online at www.seniorservicesalex.org or by calling (703) 836-4414 x110.

Community Information

KEEPING MIND, BODY AND SOUL ACTIVE AND HEALTHY

Northern Virginia is a great area for seniors who want to pursue healthy, active avocations as they transition from their full time *vocations*! The City of Alexandria, Arlington County and Fairfax County all have well-developed recreation and social programs for seniors that provide a rich array of classes, trips, lectures and fitness offerings. Non-residents can sometimes pay an additional fee to access activities that are outside their jurisdiction. For more information, visit:

City of Alexandria Recreation Department's Power-Plus Classes, Clubs, Sports and Recreation Center Fitness Activities: <https://www.alexandriava.gov/recreation/info/default.aspx?id=12452>

Arlington County's 55+ Guide includes educational classes, sports, fitness/exercise and ongoing activities: <https://parks.arlingtonva.us/programs/adults-55/seniors-activities/>

Fairfax County has numerous agencies that offer classes, trips, sports, and fitness activities: <http://www.fairfaxcounty.gov/dfs/olderadultservices/> (scroll down to the page and click on the links under "Recreation and Wellness")

We greatly appreciate parishioner feedback and contributions to improve the Senior Scoop. Email your ideas to jceconsulting@comcast.net. If you no longer wish to receive this newsletter, please send an email to jceconsulting@comcast.net with a request to unsubscribe.

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