

FOOTHILLS SENIORS SEPTEMBER PREVIEW

To connect seniors to Jesus and each other and help them grow to love and serve Him.

Dear Foothills Church Seniors~

Foothills Seniors is all about enriching our lives spiritually, socially, and even physically! Just take a look at our September activities!

September 3: Dr. David Jeremiah video series, "A Life of Self-discipline"

Self-discipline, or self-control, is the last fruit of the Spirit Paul mentions in Galatians 5, but in a sense, it is the key to all of the others. Self-discipline is that strength that allows us to do what we know should be done. However, self-control is not something we do in our own strength; it is a gift we must cultivate and pursue through the Holy Spirit. We'll be looking at the battle, the blessings and the building blocks for a disciplined life, then share around your table.

September 10: Glory Parsons, Soloist

Perhaps you already know Glory from when she has sung on the worship team or at other church functions. She's the unforgettable soprano with a crystal-clear voice, and we get to enjoy a whole program of just her! She will perform Christian songs like "The Lord's Prayer" and "Ave Maria" and some Broadway numbers like "Phantom of the Opera" and "On my Own" from *Les Miserables*, plus a few of her own songs with her guitar. We'll enjoy an afternoon of beautiful music!

September 17: Steve Brown, "It Took One to Stand for Many to Believe"

It's always a blessing when Steve comes to our microphone. "Peter and John encounter a lame man at the temple gate and heal him," Steve said. "Together we'll take a look at the wonderful story of encouragement and hope. Many of us as seniors face health issues, financial challenges, problems with fear and isolation, mobility issues, and the list goes on and on." From this passage we'll be encouraged to stand up in faith and trust God, despite our perceived weaknesses and limitations.

September 24: Jillian Erdman, "Maintaining Brain Health and Senior Home Safety"

Join Jillian Erdman from Senior Helpers for an informative session on the risk factors associated with memory loss and other cognitive issues that all too often accompany aging. Discover lifestyle habits, application of religious practices, and medical treatments that can address these concerns as well as assist seniors to live as safely as possible in our own homes as long as we wish. This is the perfect opportunity to gain knowledge that just may help you or someone you know.

And there you have it—programs that will inform, instruct, inspire, and even entertain! What we do is special, and we love to embrace new friends. You'll be greeted before you even enter the building as well as when you're inside, and our first timers get a gift. There's good music, friendly people, and cookies! We're in the Worship Center at 1:00pm every Wednesday. We look forward to seeing you soon!