

a d u l t s
P L U S



Myers Park United Methodist Church
NEWS

Programs and activities for adults over 55, especially retired persons

Adults Plus! Summer 2004

From the Chairpersons Bill and Marie Pearce

The song goes like this: "Summer time, and the livin' is easy...!" It is also time when we can pause and look back...and look ahead, too!

Adults Plus! uses a calendar year for election of officers and planning of programs; however, our active program year runs from September through June, with July and August allowing time to pause to look back...and look ahead, too!

This past program year we've had a variety of programs of information and entertainment and activities: **Mike and Lauralee Bailey** provided a bit of both; a great Spiritual Life Retreat at Lake Junaluska with **Steve James** providing leadership; **Peter Smolowitz** provided insight into journalists and the war; **James Howell** introduced himself and told us a little about the past, present and hopes for the future; **Les Ackerman** and company presented our first Christmas program; **Bikin' Mike Gordon** shared some of his adventures; **Doug Mayes** entertained us with reminiscences from the earlier years of radio and TV; **Jerry Shinn** revealed a bit of the history of Carolinas Medical Center; a day trip including dinner at CPCC and a visit to the Raptor Center; **Steve Eason** opened a pre-Aldersgate chapter in the lives of John and Charles Wesley; a 5-day trip to Delaware planned and led by **Skip Heintzelman** and **Hubert Wilson**; **Anne Michael** informed us about the abuse situation; and attending WNCC's "A Day Apart for the Young at Heart" featuring Dr. **Evelyn Laycock**. We will conclude with our annual picnic on June 16 at **Anita and Melvin McIntosh's** home on Lake Norman; you can make a reservation by June 14th, calling 704-376-5520 ext. 5200

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Looking ahead to the 2004-05 schedule there is the opportunity of attending the Southeastern Jurisdictional Association Conference on Older Adult Ministries at Lake Junaluska August 9-12; the Adults Plus! Spiritual Life Retreat at Lake Junaluska featuring the leadership of **Marvin Cropsey**, editor of *Mature Years* magazine at the UM Publishing House, along with a trip on the Great Smoky Mountains Railway on October 11- 14; a 3-day Christmas trip December 2 –4 to see the lights and displays at Calaway Gardens and Stone Mountain Village, with a possible side trip or two. The Christmas Season will be capped with the second annual Adults Plus! Christmas Party most likely on December 15. Interspersed will be the monthly get-togethers on the third Wednesdays of the month and featuring a wide variety of programs.

In addition to our opportunities for self-enrichment, we have our outreach program to the Lakota Indian Mission work and the Emergency Aid Kits that are most often used following a devastating hurricane that chooses to make land-fall on the coast. **Jo Schofield** will be happy to tell you more about either of these programs that extend our ministries beyond our community.

Today is the *best day* to get out your calendar and mark the third Wednesdays for the Adults Plus! meetings, and to add the extra events already scheduled for the fall. That way you can tell your doctors and others that you are already booked that day for a very special fellowship and program!

Remember, Adults Plus! is an opportunity for adults 50 years of age and older to get together, have a great program and lunch, and grow in knowledge and faith! Come to our next meeting and invite a friend or two to come with you.

Exercise Classes Available

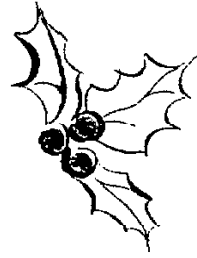
**Cost \$8/session "Drop-in Basis" pay as you go
Bring an exercise mat**

Functional Fitness Exercise Classes
10:30AM – 11:30AM
Every Tuesday and Thursday
Room 060 in Youth Building

Pilates Class
6:15PM - 7:15PM
Every Tuesday and Thursday
Room 054 in Youth Building

if questions contact Carol Grinham at 704-295-4818

CHRISTMAS IN GEORGIA TOUR



Dates Thursday, Dec. 2 thru Saturday, Dec. 4

Tour Highlights View Calloway Garden's Fantasy in Lights on the Jolly Trolley

Tour of Silbey Horticultural Center
in all it's Holiday Splendor

Visit the picturesque Ida Cason
Calloway Memorial Chapel

Take a guided tour of the Wrens
Nest, the home of author Joel
Chandler Harris

Enjoy an Uncle Remus story telling
session

Take in the numerous Southern
Christmas activities at Stone
Mountain's village

And a stop at the Prime Outlets
mall in Gaffney

Calloway Gardens Resort and
Holiday Inn Express in Stone
Mountain



Lodging

Meals Buffet dinner and breakfast at
Calloway Gardens and a Continental
Breakfast at Holiday Inn Express

Cost \$265.00 double occupancy
\$352.00 single occupancy

motor coach transportation, all
entrance fees, guides and
gratuities included.

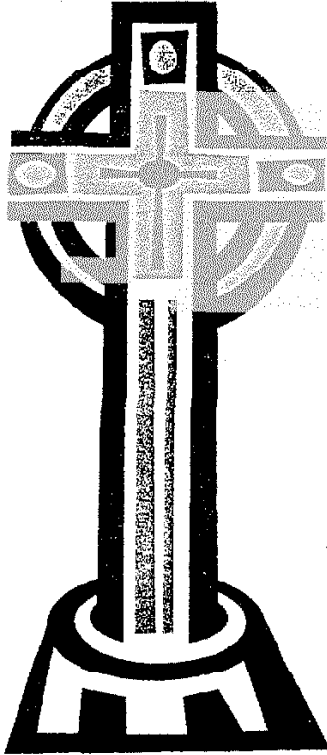
Registration A \$100.00 check to MPUMC will get
you a seat on the bus. Balance of
the cost is due by November 1. Send
you check to Nancy Holmes at Myers
Park United Methodist Church, P O
Box 6161, Charlotte, NC 28207-6161.

Eligibility The trip is open to all members of
MPUMC and their friends and
neighbors. We have invited our
senior friends from Muzon, Matthews
and Providence churches to join us.

We have 16 double rooms available
to us. They will go on a "first
come first serve" basis. If you are
interested, we suggest you register
early.



Additional Information Contact Nancy Holmes @ 704 295-4815 or
Skip Heintzelman @ 704 366-5204



Spiritual Life Retreat

Oct. 11 – Oct. 13, 2004

Optional add-on:

Great Smokey Mountains Train Trip

Oct. 13 – Oct. 14, 2004

Speaker: Rev. Marvin Cropsey
from United Methodist Publishing House
*Editor of *Mature Years**

Cost: Spiritual Life Retreat Only:

***\$135/person double occupancy or *\$155 single occupancy**

With Great Smoky Mountains Railroad trip:

***\$255/person double occupancy or *\$295 single occupancy**

*Transportation from Charlotte to Lake Junaluska is not included; the cost for transportation in a church van will be \$15.00 in addition to the cost of the trip shown above (please indicate at time of registration if van transportation needed). Carpooling encouraged due to limited availability of seats on the church vans.

50% Deposit due with registration

Final Payment Due on Sept. 10, 2004

No refunds after Friday, September 10th, refer to Adults Plus! trip policy

Return registration form and check made payable to MPUMC to:

Nancy Holmes, P.O. Box 6161, Charlotte, NC 28207

DONALD REDDING
3720-M PARK ROAD
CHARLOTTE NC 28209-2161

Phone: 376-8584
Fax: 376-0423
Reservations Line: 376-5520
Web Site: www.mpumc.org

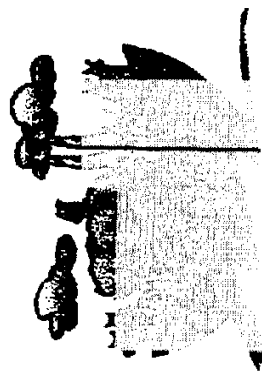
Myers Park United Methodist Church
1020 Providence Road
P.O. Box 6161
Charlotte, North Carolina 28207-6161





Senior United Methodist Travel Opportunities

From July 1 until December 31, 2004



Date	Description/ Destination	Cost	Church	Contact/ Phone
July 29	Knights Baseball & Buffet	\$19	MA	Michelle Hitzelberger 704 847-6261 X127
Aug. 19	Camelot @ Blumenthal & Dinner @ Frankies	\$42	MA	Tina Clark 704 846-4978
Sept. 23	Lake Norman Catawba Queen Lunch Cruise	\$18	MA	Tina Clark 704 846-4978
Oct. 11 Oct. 14	Spiritual Life Retreat @ Junaluska Great Smokey Mt. Train & Lunch	\$255 Dbl.	MP	Nancy Holmes 704 295-4815
Oct. 12 Oct. 13	Helen GA Bavarian Village & Lunch @ Dillard House (Burke Tours)	\$179 Dbl.	MO	Jackie Shore 704 525-7283
Nov. 4 Nov. 11	Beijing China Repeat of a Successful Adventure	\$1,349 Dbl.	MA	Michelle Hirzeberger 704 847-6261 X127
Nov. 18 Nov. 20	Calloway Gardens & Stone Mt. Holiday Programs (Burke Tours)	\$359 Dbl.	MO	Jackie Shore 704 525-7283
Dec. 2 DEC. 4	Opryland Hotel's "A Country Christmas" (Burke Tours)	\$489 Dbl.	MO	Jackie Shore 704 525-7283
Dec. 2 Dec. 4	Calloway Fantasy of Lights, Joel Chandler Harris Wrens Nest & Stone Mt., Christmas	\$265 Dbl.	MP	Nancy Holmes 704 295-4815

MA -Matthews MO -Mouzon MP -Myers Park PR -Providence