



Act II Community Newsletter

A Ministry for the 55+ Crowd
January, 2018

Our Goal in Act II...

is to provide an opportunity for those who are 55 years and older to pursue passions, build new relationships, give back to our community, absorb new knowledge and grow in our faith in God through Jesus Christ.

The team has planned a beginning to 2018 that is chock-filled with opportunities. We hope that you can join us for one or more of these events.

Special Event: A Challenge for Our Community

Hot Topic Series "Homelessness and Children in Poverty"

**Thurs. Jan. 25th
11:30am - 1pm
MFLC Gym
Dr. Joel Hunter**



Dr. Joel Hunter, a prominent church leader and former Pastor at Northland Church has now made it his mission to make our community more aware of the issues of homelessness, especially as it affects children. He will lead us in an eye-opening presentation into the problems of homelessness and poverty in

Orlando and present a challenge to our church community to get involved in alleviating the crisis.

Lunch for \$6 is available, payable at door. We ask that you RSVP at [Dr. Joel Hunter](#) and indicate whether you desire lunch. Come to be inspired and confronted.

Gatherings in January



Thursday Night Dinner
Jan. 18th, 6pm
Chuy's
170 S. Orlando Ave, Winter Park

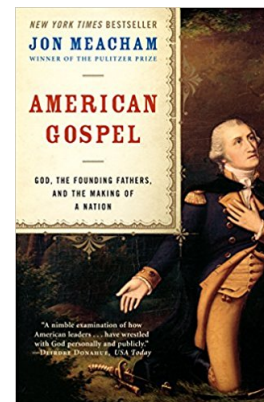
Come join Act II for an evening of great food and fellowship for Thursday night dinner, at one of the restaurants on the new 17/92

strip. Hopefully it will be a nice evening to sit outside. No reservation necessary. Just show up and enjoy the evening.

Those attending the Candy Chang event at Rollins College that evening will still be able to attend that event which starts at 7:30pm.

Act II Book Club
Tues. Jan. 30th, 7pm
MFLC 2nd Floor Resource Center

This month's discussion will be from the book "American Gospel" by Jon Meacham. This book proclaims that the good news about America- is that religion shapes our public life without controlling it. All are welcome.



Act II Serves

* **Becky's Beads Ministry** The Becky's Beads Ministry has found a wonderful workshop home at the Oaks Apartments! Going forward, our regular monthly workshops will be held at the Oaks on the second Thursday of every month at 1:00 in the afternoon. Next scheduled workshop is Thursday, Jan. 11th. Please join us for this rewarding experience. Questions to Patricia Orr, cporr139@gmail.com.

* **Daily Bread** Help is needed to help with the free lunches at the Daily Bread. Volunteers are needed to service in February on Mon. the 12th, Tues. the 13th or Fri. the 16th from 11:30am - 1pm. Daily Bread is located downtown at the Orlando Christian Service Center, 808 W. Central Ave. (Next to the Soccer

Stadium) . If interested please contact Charlie Schoene at chasschoene@aol.com.

Meet with Other Act II People for These Two Rollins College Events



Winter Park Institute
Candy Chang
Thurs. Jan. 18th 7:30pm
Rollins College Tiedtke Concert Hall

Candy Chang is a world-renowned artist and urban designer. She engages communities to share everything from their greatest hopes to their deepest anxieties in public. She is best known for the Before I Die project where people write on public walls how they would respond to the phrase "Before I die I want to _____." The participatory project has since grown into a global phenomenon and today there are over 2,000 Before I Die walls in over 70 countries.

You will need to purchase your own ticket to the event at [Winter Park Institute](#). Also, let us know that you will be attending by clicking on [Candy Chang Event](#). We will meet in the church parking lot at 6:30 pm that evening and car pool or take the church bus over to the college.

Gladdening Light Symposium
Krista Tippett
Friday Jan. 26th 7:30pm
Rollins College Tiedtke Concert Hall

Join us as we venture to Rollin's College to hear Krista Tippett, NPR host of *On Being* and author of the recent bestseller, "Becoming Wise." You will need to purchase your own ticket to the event for \$25 at [Gladdening Light](#). ***Please purchase your ticket soon, because they are going fast.***



Also, let us know that you will be attending by clicking on [Krista Tippett Event](#). We will meet in the church parking lot at 6:30 pm that evening and car pool or take the church bus over to the college. There will be a free concert by Free Planet Radio at 7pm.

Happening in February

**First Friday Breakfast
Fri. Feb. 2nd 8:45am
at The Canopy Cafe
240 N Pennsylvania Ave
in Winter Park**



Come and enjoy a special meal at our favorite place for breakfast on Groundhog Day. Let's see if you can see your shadow. Join us at The Canopy Cafe. Great place for breakfast, sitting out on the patio with great fellowship. No reservation necessary.



***Cirque de la Symphonie:
Cirque Goes to the Cinema
Sat. Feb. 3rd 2pm
Bob Carr Theatre,
401 W. Livingston St. Orlando***

"Cirque de la Symphonie" returns with an all-new program of an awe-inspiring combination of beautiful physical feats and powerful movie music! Featuring the music of blockbuster movie classics, such as Star Wars, Harry Potter, Batman, Raiders of the Lost Ark, Mission Impossible, Titanic and more, this concert is filled with thrills! Acrobats, jugglers, and aerial flyers will soar high above the heads of the musicians of your Orlando Philharmonic Orchestra.

Tickets are \$25. Contact the Box Office: 407-770-0071 (Suzanne) to get this group rate; tell Suzanne that you are with Mary Palmer's Group. Ask Suzanne about specially priced tickets for students.

Also, let us know that you will be attending by clicking on [Cirque de la Symphonie](#) and once we know how many are attending, we will attempt to make transportation arrangements from the church.

**Wellness Initiative
MONDAY Feb. 5th
"Preventing Osteoporosis"
Program at 11,
followed by Lunch at noon**



WELLNESS INITIATIVE
Body • Mind • Spirit • Relationships

Around the world, 1 in 3 women and 1 in 5 men are at risk of an osteoporotic fracture. Fractures at the hip and spine can lead to lengthy recovery and even permanent health changes including death. The likelihood of these fractures occurring increases with age. Cathy Yi, Physical Therapist will teach how to decrease risk through non-pharmacologic means.

Lunch is available for \$6, payable at the door. To register and to order a lunch, click on [Wellness Initiative](#).

Need Tech Help?

**Volunteers for Community Impact's
"Cyber-Seniors" Program
Every Saturday from Feb. 3rd to
March 10th
10am - noon MFLC 313**



Cyber Seniors is back by popular demand.! Need help with your cell phone, tablet, or laptop? The Volunteers for Community Impact (VCI) organization is sponsoring an event for older adults to have one-on-one help to learn how to navigate your technical devices. All for free!

Sign up's are on a first come, first serve basis. Seating is limited. So hurry to save your spot. You are encouraged to bring your own portable device.

If interested, contact Delilah McKay of VCI at 407-298-4180 x108.

You May Want to Know About

**NAMI Peer-to-Peer Group
(National Alliance on Mental Illness)
Starts Jan. 18th 6-8pm
Wesleyan Bldg 238
First UMC, Winter Park**

This is a free 10-week course for persons living with mental illness (18 years+) that focuses upon mental wellness and recovery. It is taught by trained individuals who are living well in recovery with a mental health diagnosis. It explores biological bases of mental illnesses, coping strategies, language, emotion, addiction, spirituality, sleep, relationships and advocacy. Includes lectures, interactive sensory exercises, relapse prevention grid and psychiatric advance directive.

For more information or to register, go to [NAMI Peer-to-Peer](#).

And Finally...

**UCF Celebrates the Arts - Choral Concert
JOURNEY TO JUSTICE
Sun., Apr. 8th 7:30 pm
Dr. Phillips Center - Walt Disney
Theatre**

Join us for this FREE incredible concert by the UCF Choral Department, led by genius conductors Drs. David Brunner and Kelly Miller. This year's concert is entitled JOURNEY TO JUSTICE and will explore the varied themes of social justice through a mosaic of music from around the world. We will have a reserved section of prime seats. To reserve your seat, click on [UCF Celebrates the Arts](#).



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Like us on Facebook!!

Follow Act II on Facebook on its new Act II Facebook page.

We are very excited to embark on this journey and certainly hope you join us. Come on over and give our page a follow. We'll keep you updated on future happenings as well as past events.

Hope you can join us for one or more of these events.
If you have any questions, feel free to contact us.

Blessings,

Gary Rideout
Min. of Congregational Care
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407-644-2906 x223

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