



Act II Community Newsletter

A Ministry for the 55+ Crowd
October, 2017

Act II...

is a community of those who are 55 years and older that celebrate this stage in life by pursuing passions, building new relationships, giving back to our community, absorbing new knowledge and growing in our faith in God through Jesus Christ.

In October

First Friday Breakfast
Fri. Oct. 6th, 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. Join us at The Canopy Cafe. Great place for breakfast, sitting out on the patio with great fellowship. No reservation necessary.



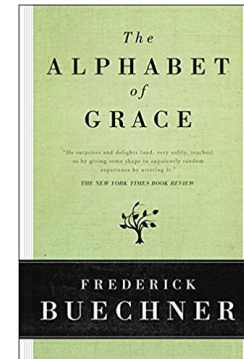
Thursday Night Dinner
Oct. 19th 6pm
Crisper's in WP Village
480 N. Orlando Ave, Winter Park



Come join Act II for an evening of great food and fellowship for Thursday night dinner. No reservation necessary. Just show up and enjoy the evening.

Act II Book Club
Tues. Oct. 24th, 7pm
MFLC 2nd Floor Resource Center

This month's discussion will be from the book "The Alphabet of Grace" by Frederick Buechner. This book is a three part series of reflections that probe through the course of one day the innermost mysteries of life. Blending an artist's eye for natural beauty, the true meaning of human encounters, and the significance of occurrences, the author offers an opportunity to discover the hidden wisdom gleaned through experiences of daily life. All are welcome.



Act II Serves

We have opportunities....

* **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 1:30 in the afternoon. Next scheduled workshop is Thursday, Oct. 12th. Please join us for this rewarding experience. Questions to Patricia Orr, cporr139@gmail.com.

* Contact Anita at alwilliams5555@gmail.com if you would like to help this month at the **Food Bank at Tusawilla United Methodist Church**. They gather on the fourth Friday of each month from 1-5pm. The date for this month is Oct. 27th.

Need Tech Help? Classes Continue In October



**Volunteers for Community Impact's
"Cyber-Seniors" Program
Every Saturday from Sept. 16 - Oct. 28
10am - noon MFLC 313**

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 or dmckay@vcifl.org.

Mindful Living Events Continue in October



Mindfulness is a stress-reducing practice and a way of being that's creating a huge buzz around our increasingly fast-paced world. Through the graciousness of a grant from the Florida Annual Conference of the UMC, this church is sponsoring a *Mindful Living Initiative*, a way to practice Mindfulness and the Ministry of Presence.

It allows us an opportunity to be still, so we can quiet our bodies, and clear our minds. Through calming mindful practices which include physical movement, Biblical meditation, guided relaxation and other centering practices. To see a line-up of what is being offered at the church go to [Mindful Living](#)

Psalm 46:10 - Be Still, and Know I am God.

Connect With Us on Facebook

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,

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