

DECEMBER BIRTHDAYS

Vivian Romine* 1	Bill Harvey* 20
Connie Guess 2	Katy Blevins, Roy Hinton* 21
Cliff Feeler,* Olen Green 3	Jane Fletcher,*
Martha Daniels, Harry Fogle,*	Dow Huggins* 22
Bettie Ford* 4	Cecil Winn* 23
Betty Cooper 5	Martin Blair,
Ron Fipps, Mary Seitz 6	Lynda Crittenden 24
Ouida Anderson,* Margie Berry,	Bettie Ann Huggins,*
Joe Mathis,* Edna Price,	David Small* 25
Dwight West* 8	Martha Gene Bartel,*
Willis Cash, Robert Gose,	Anna Blalock, HeidiLorin Callies,
Bill Murphy 9	Beverly Duck 26
Charles Jones, Jo Rosebrock,	Gerald Cardwell,*
Butch Shaw 12	Kathy Seay 27
Ron Hull 13	Stanley Thames 29
Joyce Edmundson, Laurie	Joseph Beres,* Phyllis Crozier,*
Hammett,* Sue Wilson* 14	Verda Piott, Vena Taylor,*
Joan Feeler 15	Nancy Wallis 30
Patsy Kelsoe 17	Dorothy Feucht,* Kathy Jester,
Jerry Seay, Joyce Winters* 18	Virginia Stone* 31

*39ers

Christmas Open House at the Feelers'

Saturday, January 23, 2010 — 1:00-4:00 pm
2204 Harvest Hill Drive

Joan and I are extremely grateful for your support and encouragement in our Adults 55 Plus Ministry. You have always been thoughtful and prayerful for us. We enjoy our "Christmas Open House" in January, because life in January is not nearly as rushed as in December. We offer a suggested time schedule, but most assuredly we want your presence at the time slot that fits you best. You can be sure that Joan has added some more Nativities since your visit last year!

We will publish the complete suggested time schedule in January's newsletter.

SEASONAL SILLINESS

Why doesn't Santa suffer from claustrophobia when he climbs down a chimney? *Because he's had his flue shot.*

What type of motorcycle does Santa ride? *A Holly Davidson.*

How did Scrooge's team win the football game? *The ghost of Christmas passed.*

Caregivers Support Group Regular Monthly Meeting

Monday, December 21
9:30-10:30 am – Room S-111

Signs and Symptoms Suggesting Depression

Depression is more than just an occasional feeling of sadness or the natural grief associated with a loss. It is a group of long-lasting or recurring emotions and behaviors that interfere with a person's normal activities. If you or someone you know has experienced several of the following signs of depression for two weeks or more, professional help should be considered.

- Changes in eating habits.
- Changes in sleeping habits (insomnia, hypersomnia)
- Decreased energy or fatigue.
- Depressed mood most of the day, nearly every day.
- Feelings of inappropriate guilt.
- Inability to concentrate or make decisions.
- Memory loss, confusion, disorientation.
- Increased dependence on family.

Benefits Training

(continued from inside)

Classes are open to everyone. Free continuing education units (CEUs) are available for social workers who attend all sessions. The training is sponsored by the North Central Texas Area Agency on Aging and the North Central Texas Aging and Disability Resource Center, and meets the requirements of the State's Health Information Counseling and Advocacy Program. For more information, contact Judy Murphy at 382-2577, ext. 150 or sign up on poster.

just a



from CLIFF

DECEMBER 2009

www.firstdenton.org

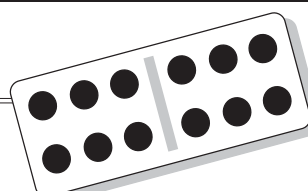
Check the NEW website each Monday for Adults 55 Plus events and information! Go to the bottom of the main webpage to "Quick Links" and click on Adults 55 Plus.

Holiday Schedule

Sunday, December 27
ONE Worship Service
11:00 a.m.

NO L.I.F.E. Groups
(Sunday School) will meet
... unless you choose to contact Cliff to arrange your room and tell us your time slot! Thanks for your cooperation!

*Have a blessed
Christmas!*



ADULTS 55+
GAME DAY!

Tuesday, December 22
1:00-4:00 p.m.
Tomkins Fellowship Hall

Take a break from the Christmas rush for some fun and games...and treats!
Bring some!

DATES TO REMEMBER



December 2009

- 11 One Thirty presents "Sanders Family Christmas," 1:30 pm
- 13,14 Christmas Celebration 2009 at FBCD
- 15 Christmas Lights of Denton, 5:30-9:00 pm
- 21 Caregivers Support Group, 9:30-10:30 am, S-111
- 22 Game Day (bring snacks to share), 1:00-4:00 pm
- 24 Christmas Eve Service in the FBCD Worship Center, 6:00 pm

Looking Ahead to 2010

- January 6 Tour of Cowboys Stadium
- January 8 39ers: Georgia Caraway "History of Denton"
- January 23 "Christmas Open House" at the Feelers'
- April 11 Single/Single Again Banquet
- May 4 Comedian Carl Hurley at Texas Hall at UT Arlington
- May 15 Blackwood Quartet at FBCD
- August 1-4 Adults 55 Plus-led Revival
- August 22-27 Trip to Michigan: Visit world's largest Christmas store, Mackinac Island, Grand Hotel, Ford Museum
- October 5 Senior Adult Day at Camp Copass
- October 14 State Fair of Texas Trip
- November 15-19 Branson Trip: Stay at Savannah House, shows include Tony Orlando/Lennon Sisters, Clay Cooper, Miracle of Christmas, Presley's, The Platters, Haygood Family, 12 Irish Tenors
- Late December 2010-Early January 2011 Holy Land/Jordan

Coming Up at *Thirtyniners* 2010 Programs

Paula House and her committee members have been busy lining up programs for 2010. By the way, if you have a suggestion, please contact Paula House or one of her committee members.

January: Georgia Caraway, History of Denton (Bob Lamm, committee contact).

February: Sharon Haywood, Music Presentation (Laddie Mulkey, committee contact).

March: Brad Springer, Director, Camp Copass (Helen Poole, committee contact).

April: Greenwood Singers (Bob Lamm, committee contact).

May: Dr. Nicki Sayani, Senior Eye Care (Colleen Briscoe, committee contact).

Remember, if you know of a program you know we would enjoy, contact Paula House.

EXCURSIONS

Michigan Trip

August 22-27, 2010

This trip looks to be very exciting! We will depart Sunday noon, August 22, and arrive that evening in Detroit, MI. We will stay at a Hampton Inn for our first two nights. We will be only 15 minutes away from the **Ford Museum, Greenfield Village, and the Ford Truck Plant.** Our entrance ticket will give you a choice of two out of three places to visit. I can assure you that the Ford Museum will be beyond your imagination. Pick up a brochure today, which contains a list of interesting things to see.

The **Greenfield Village** is one historical building after another, including the McGuffey Schoolhouse, the Wright Bicycle Shop, Thomas Edison Laboratory. There they can explain to you how to measure the candlelight of a flame. You will marvel at the history you will discover in the 80 authentic buildings on the campus.

The day will go by too fast to take everything into your mind. The eating place will have a different menu than you would expect in 2010. Oh, yes, if you plan to return to Michigan during the year, your ticket is good for a year.

You may wish to buy a ticket to ride the Model T Fords available, and the bus as well. Your ticket will permit you to ride as often as you wish on either mode of transportation.

Tuesday, August 24, we will make our way to Farmington Hills to visit a **Holocaust Memorial Center.** We will have a guide for an hour and a half, followed by a 30-minute visit with a survivor of the Holocaust. In the afternoon we will arrive in Frankenmuth to visit the largest Christmas store you will ever see! **Bronner's Christmas Store** is open 361 days a year. You will be amazed with the size and the Christmas items available. The beautiful Silent Night Memorial Chapel is modeled after the original "Silent Night" church in Oberndorf, Austria. "Silent Night" is posted around the chapel in 300 different languages.

Our evening meal will be at the **Bavarian Inn,** with costumed waiters and waitresses. On our menu is a choice of Frankenmuth Style Chicken or Jaeger Schnitzel. There will be a shopping opportunity and a lovely city walk following dinner.



Wednesday, August 25, we will continue our journey to **Mackinac Island,** where you will experience a step back in time. Horse trolley or horse taxi is the mode of travel on the island.

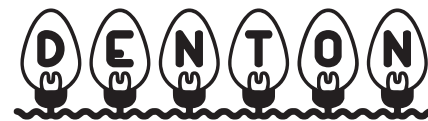
You may choose to ride a bicycle, or even a bicycle built for two. Most probably, you will choose to walk a lot, so you can enjoy the view and the stores on Main Street. Our stay will be in the beautiful **Grand Hotel,** a unique experience in itself. Dinner will be served to our men neatly dressed in coat and tie, and to our ladies in their Sunday dress apparel.

Joan and I could share so much more, but we will leave some for your own adventure on the trip.

The cost as listed in the brochure is \$1125, with a \$300 deposit at the time of sign-up. We have 50 spaces available, so you may have some friends come along to enjoy the lovely trip.

Some have indicated that they may wish to purchase cancellation insurance. We hope to announce that price soon.

Christmas Lights of



Tuesday, December 15

5:45 pm Depart FBCD
7:15 pm Break
7:45 pm Load up
8:45 pm Return FBCD

Cost: Free! Limit: 22

MYSTERY? LUNCH

Friday, January 15

10:15 am Depart FBCD
11:00 am Lunch
1:30 pm Return FBCD

Cost: \$15, due at sign-up Limit: 22

EXCURSIONS

★ TOUR THE NEW COWBOYS STADIUM ★

Wednesday, January 6, 2010

We will visit different sections of the stadium including Pro Shop, scoreboard control room, a suite, pressbox, Silver Level platform, player interview room, and Cowboys locker room.

The tour will last 1 hour and 30 minutes; a lot of walking, so you will need comfortable walking shoes. You will not be allowed to have food or drink during the tour; no purses, bags, backpacks, or any sort of tote allowed on the tour, but cameras and video recorders are permitted.

8:45 am Depart FBCD
10:00 am Arrive Cowboys Stadium
10:30 am Our scheduled tour
12:00 pm Visit Gift Shop
12:30 pm Lunch (on your own)
2:45 pm Return FBCD

Cost: \$12, due at sign-up Limit: 22

OPPORTUNITIES

FREE BENEFITS TRAINING CLASSES

Three Thursdays, December 3, 10, 17
9:45 a.m. - 4:00 p.m. - Lunch on your own

If you are a consumer, caregiver, social services professional, or a person looking for a volunteer opportunity and you want to:

- Enhance your professional skills
- Become a certified volunteer Benefits Counselor
- Increase your own awareness of benefits

... then register now for in-depth training on public and private benefits such as Medicare and Medicaid, counselor skills, federal and state assistance programs and applications, long-term care planning, and aging life issues and trends. Emphasis will be placed on assisting individuals of all ages with applications for Medicaid programs, Medicare savings programs, and extra help with Medicare Part D.

(continued on back page)



Sunday, December 13 - 7:00 pm

Our Music Ministry will provide not only some wonderful choral arrangements, but also drama to depict the celebration of the birth of Jesus. Purchase your tickets for \$5 today or Sunday.

Upon request, we will provide round trip transportation from Primrose, Vintage, and Good Samaritan Village on Hinkle. The doors will open at 6:00 pm, so our pickup schedule will be as follows:

5:45 pm Pickup at Primrose
6:00 pm Pickup at Vintage
6:10 pm Pickup at Good Samaritan (Hinkle)

STAGE & SCREEN

One Thirty Productions presents



Friday, December 11

This is a sequel to *Smoke on the Mountain*. It's Christmas Eve 1941, and the Sanders family returns to the Mount Pleasant Baptist Church to get the congregation into the holiday spirit before the boys are shipped off to the War. More than two dozen Christmas carols and hilarious yuletide stories will have you laughing and clapping and singing along with bluegrass Christmas favorites.

10:15 am Depart FBCD
11:30 am Cafeteria or El Fenix (on you)
12:45 pm Load up; arrive Bath House 1:05
1:30 pm Matinee performance
5:00 pm Return FBCD

Cost: \$17, due at sign-up Limit: 22

Please remember . . . Mrs. Ruth Armstrong
132 Thomas Edison Dr
Schertz, TX 78154-1019