

# Prime Timers for L☺I☺F☺E☺ Invites you!

Life is what you make it! Some at 55 claim to be old—others at 85 argue "California redwoods are old, mountains are old. I may be getting older, but I'll probably die before I get there." Attitude is everything! Age is just a number! "Grow old along with me, the best is yet to be!" Robert Browning said.

The goal of Prime Timers for LIFE, a ministry by, with, to, and for older adults is to help you make your life "the best yet to be" It provides all mature adults, both in the church and in the community, opportunities to make new friend and stay in touch with others—critical factors as we age and outlive spouses and dear friends. Our **L** (lunch and laughter), **I** (intellectual stimulation), **F** (fun and fellowship), **E** (exercise and excursions) occur between the months of November and April. We exercise together; lunch together; stimulate our minds through activities like Bible study, turning our memories into memoirs; keep our bodies in shape through exercise class; have fun on our trips together; attending movies and playing games together, and provide for you the opportunity to do as Jesus invited us to do: "Come to me if you are tired from carrying heavy burdens, and I will give you rest."

This all happens in Briggs Hall, on the Community Presbyterian Church campus, at the beach on AIA, five blocks south of Hillsboro Blvd., every Wednesday from November through April.

Below is a Wednesday schedule and calendar of our first few meetings. We would love to have you come and check us out. No reservations needed. Just come – and bring a friend!

## Typical Wednesday

9:30–10:00 a.m. Meditation and Prayer  
10:05–10:40 a.m. Sit & Be Fit Exercise  
10:45–11:45 a.m. Intellectual Stimulation  
12:00–1:00 p.m. Out to Lunch together  
1:00–3:00 p.m. Games or Movie

## Fall Calendar

**Nov 4–9:30** Meditation, 10:00 Exercise, 11, Program introduction, Addressing Christmas cards to Veterans, 12, Lunch at Red Fox Diner  
**Nov. 11** Salute to Veterans, addressing cards to Veterans, shut-ins, Lunch: Subway – ordered in

**Nov 18** - <sup>♯</sup>Getting to Know You <sup>♯</sup> - Members share a memory of an event in their life (most memorable holiday, moment, etc.) Lunch together at Duffys

**Nov 21 - Saturday** - Admiral's Intracoastal Boat trip with lunch at 2 Georges

**Dec 2 - Wednesday - Christmas Sing-a-long.** Bake sale

**Dec 4 - Friday** - Trip to Tradewinds Fantasy of Lights

**Dec 9 - Wednesday** - Sharing Christmas stories and Memories. Lunch out together

**Dec. 16 - Christmas Party** – Gift Exchange. Pre-School children's Musical. Lunch: Pot Luck

**Dec. 23** - No Meeting – Christmas

**Dec. 30** - No Meeting – New Years

**Jan 6 - Wednesday** — This is Your Life Come and find out whose

**Jan. 8** - Trip - Missionary Flights Internatioal or Jaffee Library Tour

**Jan 13** - Richard O'Connell – Reading and discussing his poetry