

January
February
2018



VOL 8 Issue 1

Welcome to our new newsletter layout. This is yet, another advantage of becoming independent. We are able to mail out a newsletter with more pages! We would like to increase the content as well as the type size. Since SAJE is here for you, we would like your input. What would you like to see in your newsletter? What information would you like ? A recipe corner from Lunch & Learn goodies? A spot lighted exercise to assist in balance control? Spot lights on volunteers? Or participants? What would you like to know? Please tell us! Be on the look out at all of the SAJE events for a newsletter questionnaire. Please share with us your SAJE desires!

SAJE is made up of amazing participants and even more incredible volunteers. SAJE is volunteers.... With that being said, do you have any talents that you would like to share with the SAJE Board or the SAJE participants? We are always looking for folks to drive, type, proof read, cook, bake, interview, write, read, internet research, you name it, and we probably can find something for you to do. Please reach out to Jessica if you wish.

During the winter months, especially when there is ice and snow in your driveway, PLEASE don't attempt to move around your trash cans. Call your trash hauler and they will be glad to take your cans down and put them back up for you. You can also request the USPS to deliver the mail to your door if going to your mail box is too dangerous.

If SAJE cancels activities due to the weather it will be made public on KTVI, KSDK, KMOX and KMOV. We are listed as SAJE Senior Ministry.

Thanksgiving Reflection

Since 2004 Episcopal Church of the Advent has hosted a Thanksgiving Dinner, intended for folks to come together and enjoy a home cooked traditional Thanksgiving meal. Through the years we have definitely grown, so much that now whole families of 6 or even 10 join us! This year's celebration was beyond words, as one of the founders (the other was my grandmother, who passed away in 2005) was back again in attendance, after a few years of traveling to be with her family around the country. We had 52 RSVP and sat 61 people around our tables. We are thrilled to say that **16 joined us from SAJE**. Submitted by K. Wagner, Advent parishioner.



St Justin's 'The Crew' Youth Group, parents and friends, a total of 24 hands and arms came out to rake and bag a total of 61 bags of leaves, at 5 houses on Saturday December 2. If we missed you or more leaves have fallen, don't worry, we will be scheduling another go around in January or February. Please call Jessica at 314-664-9700 to be placed on the

The Thursday Pickle-Ball group hosted a Pot Luck in November. A wonderful meal was shared by all! This group meets every Thursday at St Elizabeth's for Pickle-Ball from Noon to 3:00 PM. A few of these folks travel from Maryland Heights just to play Pickle-Ball with SAJE!!!





THANK YOU ALL !!!! Whether you came and enjoyed the show and food, and/or you made cookies for our dessert (I have the Macadamia Nut Cookie recipe if you want it, let me know) **THANK YOU !!!!!** This was our largest Murder Mystery yet! We had 126 people RSVP and we actually made a profit of \$ 511.40 !!

The 2018 Murder Mystery Lunch Theatre is scheduled for Sunday November 4, 2018. Same time, same place... Look for details over the summer.



February Lenten Events

Please check our website for the Stations of the Cross schedule, and more information .

Advent Shrove Tuesday Pancake Supper

Tuesday February 13 5:00- 7:00 PM

St Thomas/Holy Spirit Shrove Tuesday Pancake Supper

Tuesday February 13 6:00- 8:00 PM

St Thomas/Holy Spirit Soup Suppers & Lenten Worship

Wednesdays February 14, 21 and 28th 6:00 PM

Worship Service 7:00 PM

St Justin Fish Fry Schedule

February 16 4:00PM

REGULAR MONTHLY SAJE SENIOR MINISTRY ACTIVITIES

2nd Thursday Lunch & Learn 10:45 AM at Advent

Thursday, January 11, 10:45 AM Carol Splatter, Sharity Charity. A fabric clearing house that has processed more than 15 Tons of unwanted fabrics, that otherwise would have been dumped in landfills, and has redistributed it to over 200 organizations world wide, and was started by 14 St Louisans in 2001. Followed by a wonderful lunch with home made deserts!

Thursday, February 8, 10:45 AM Travel to Africa with Reverend Dan. The Rev. Dan Handschy, Ph.D. , rector of the Episcopal Church of the Advent , Dean of the Episcopal School for Ministry, and an adjunct professor at Eden Seminary. Rev Handschy traveled to Africa this past Fall and will share with us his journey with a colleague to places around the world. Reverend Dan is an awe inspiring story teller, that I'm sure will leave your heart and mind full of wondrous thoughts. As always lunch and dessert served at noon.

4th Wednesday Movie Matinee 1:00 PM at St Thomas/Holy Spirit Popcorn & Beverages Served

Wednesday January 24, 2018 LaLaLand– PG-13-2016 Drama/Comedy/Romance/Musical – Running Time 2 Hours 8 minutes. Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.

Wednesday February 28, 2018 Hidden Figures – PG –2016 Biography/Drama/History– Running Time 2 Hours 7 minutes. Three brilliant African-American women at NASA — Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) — serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

Last Thursday SAJE B-I-N-G-O 10:30 AM at Advent

Bring your favorite BINGO tchotchke... BINGO, snacks and PRIZES !!!!!

St Louis County Library Book Mobile # 4 at Church of the Advent



Every three Thursdays 10:15-11:00 AM January 11* & February 1 & 22
To reserve a book, audio book, magazine or DVD and pick it up from the book mobile, simply log onto www.slcl.org, when you choose your book, select to pick it up at Book Mobile #4.

REGULAR SAJE SENIOR MINISTRY ACTIVITIES

Here are some photos of what we do at a few of our SAJE activities!

When the roof is being replaced and there are no people allowed in the gym, we have Zumba Gold outside.



Crestwood Sunset Hills Chamber of Commerce Route 66 Car Cruise 2013



Chair Yoga 2017

Chair Exercises	Monday	St Elizabeth	9:30-10:15
Chair Exercises	Thursday	Advent	9:30-10:15
Chair Yoga \$3.00 or SilverSneakers	Tuesday	St Elizabeth	10:30-11:15
Pickleball \$3.00	Monday	St Elizabeth	9:00-12:00
Pickleball \$3.00	Thursday	St Elizabeth	12:00-3:00
Quilting Bee	Monday	Advent	11:00 AM Bring lunch
Zumba Gold \$3.00	Tuesday	St Elizabeth	11:30 AM
Zumba Gold \$3.00	Friday	St Elizabeth	10:30 AM
Faith Community RN	Tuesday	St Justin	1:00- 3:00
	Or call	Deb at	314-484-9940
Cards & Games	Thursday	Advent	10:30 AM

What's Happening Around Town

Prayer Service for Christian Unity

What: Join Christians from around the region & from many traditions in praying for Christian Unity; a reception will follow the prayer service.

When: Sunday January 28, 2018 7:00 PM

Where: St. Justin Martyr Catholic Church

11910 Eddie & Park Road, Sunset Hills MO 63126



County Older Resident Programs

The County Older Resident Programs (CORP) provides quality service to Saint Louis County residents age 60 and over. Tax Preparation is one of the services that CORP offers. Federal and State returns and schedules are prepared for income eligible seniors. Appointments are required during tax season. Missouri Property Tax Rebate (also known as Circuit Breaker) forms are prepared year round. To access these services or to obtain more information please call (314) 615-4516 Monday through Friday between the hours of 8:00 am and 5:00 pm.

COMMUNITY MEALS

Pantry Low? Need a Warm Meal? First Responder?

St. Lucas UCC invites you to share a delicious Sunday dinner in our Community Room, [314-843-2100](tel:3148432100), 11735 Denny Road, Sunset Hills. Meet new people, enjoy a change of scenery, and visit with those who serve our community, all at the same time.

Call for days & times. Carryout Available. No Charge.

LITTLE FREE PANTRY

We're asking the community to give what they can and/or take what they need. We've also included a box for dog treats! They are located in the West Parking Lot by the preschool entrance.

PLEASE COME, GIVE AND TAKE AS YOU WISH!



A New Year's Prayer

Lord, You make all things new
You bring hope alive in our hearts
And cause our Spirits to be born again.
Thank you for this new year
For all the potential it holds.
Come and kindle in us A mighty flame
So that in our time, many will see the wonders of God
And live forever to praise Your glorious name. Amen

SAJE does not ever expect donations, but they are accepted, and appreciated. THANK YOU !

Beverly H, Gloria H, Ed & Betty P.
Your contributions help pay for our presentations, this newsletter and other offerings.

HAPPY NEW YEAR !!!!

We will not have any SAJE activities on Monday January 1, New Years Day.

A Bit of Humor

A wife was making a breakfast of fried eggs for her husband. Suddenly, her husband burst into the kitchen. 'Careful,' he said, 'CAREFUL! Put in some more butter! Oh my gosh! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my gosh! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful. CAREFUL! I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them! Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!'

The wife stared at him. 'What in the world is wrong with you? You think I don't know how to fry a couple of eggs?' The husband calmly replied, 'I just wanted to show you what it feels like when I'm driving.'



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January / February 2018 Newsletter

SAJE Senior Ministry

Church of the Advent,
Episcopal Church
9373 Garber Rd
Crestwood MO 63126
(314) 843-0123

www.advent-episcopal.org

St Justin Martyr
11910 Eddie & Park Rd
Sappington MO 63126
(314) 843-8482

www.stjustinmartyr.org

Christian Community Homecare

Contact Chris at

(314) 843-9673

home-care@swbell.net

www.sajeseniorministry.org

Faith Community Nurse

Contact Deb at

(314) 484-9940

deb@sajenurse.org

Member Supporting Organizations

St Thomas/Holy Spirit

Lutheran Church

3980 South Lindbergh Blvd

Sappington MO 63127

(314) 843-6577

www.st-thomas-holy-spirit-lutheran-church.org

St Elizabeth of Hungary

1420 South Sappington Rd

Crestwood MO 63126

(314) 968-0760

www.stelizabethhungary.org

Rides, Home Repair, Yard Work

Contact Jessica at

(314) 664-9700

jessica.gerth@sajeseniorministry.org

Submission deadline for the March / April newsletter is February 2, 2018

UPCOMING *Events*

JANUARY

Glazed & Confused

Wednesday, January 10 • 1pm-3pm

Paint and personalize a ceramic plate to take home. \$10 per person to cover materials, please.

Isaac Lifits Concert

Sunday, January 21 • 4pm-5pm

With his enchanting musical style, Isaac captivates audiences with love songs, polkas and classical pieces.

FEBRUARY

Art Fair

Saturday, February 3 • 11am-1pm

Enrich your life through art. Browse, buy, or create your own piece at our annual Intergenerational Art Fair.

Mardi Gras Happy Hour Featuring Ken Roberts

Friday, February 9 • 3pm-4pm

It's Fat Tuesday, so live it up with New Orleans style cocktails, nibbles and favorite crooner tunes.

Chinese New Year Party

Friday, February 16 • 2pm-3pm

Celebrate the "Year of the Dog" with Chinese food and games. Then stay for our weekly Happy Hour with live musical entertainment by Lamar Pilsing from 3-4pm.

MARCH

Paint Pal Variety Show

Thursday, March 8 • 2pm-3pm

Take a trip down memory lane with upbeat music, trivia and game shows. This is an hour of pure laughter and nostalgia!

Sure & Begorra! Time for a St. Paddy's Day Happy Hour

Friday, March 16 • 3pm-4pm

Raise a glass of beer with us and wish "sláinte!" to your friends as you enjoy lively Irish music and tasty Irish-themed snacks.



R.S.V.P.
**Free admission to
all events unless
otherwise noted**