



SAJE

Senior Ministry

Connecting Seniors In Community

Body/Mind/Spirit

Mar/Apr 2025

VOL 15 02

www.sajeseniorministry.org

SAJE 15-year Homecoming Celebration

Thank you to all that joined us in celebrating our 15-year anniversary on February 2.

It was a joyous occasion with lots of old and new SAJE members in attendance. Soulard's Cajun Corner provided the tasty Cajun buffet. Our own, Sandy Hounsom, Sugar Artist, decorated the beautiful cake and cupcakes. Our toes were tapping to the sounds of the Queens of Swing. You may have noticed there were lots of folks singing along to the tunes.

This anniversary year we will have lots of events celebrating Connecting Seniors in Body, Mind and Spirit. Keep a look out for events in this newsletter, our website and Facebook.



Exercise Classes

Concord Trinity United Methodist

5275 South Lindbergh 63126

Chair Exercise	10:30 AM Tuesdays	<i>FREE</i>
Zumba Gold	11:30 AM Tuesdays	
	\$5.00 with Sherri Lucas	
Chair Yoga	10:30 AM Fridays	
	\$5.00 or Silver Sneakers	
	accepted with Sherri Lucas	
Zumba Gold	11:30 AM Fridays	
	\$5.00 with Sherri Lucas	

Lunch Meet Up

March 18 at 1 PM.

Let's meet for lunch at: **Sesame**

10500 Watson Rd, 63127

This is a time to socialize and catch up with other SAJE members. Transportation and lunch are on your own. As a courtesy to the restaurant, we will be making reservations. Please call the office at **314 664 9700** to reserve your spot.

Men's Group—A.M.en

Good morning men! This is your opportunity to start your day with coffee, a donut or pastry and time to talk about sports, weather, news, or whatever interests you that day.

Monday, **Mar 3 and Apr 14** 9 AM at St. Thomas/Holy Spirit Lutheran Church, 3980 S. Lindbergh Blvd, Room 101. See you there. For more information call Dave at 314 378 2227.

Come and join us, get out of the house, and have some guy time. You'll be glad you did.

Spirit Time

Marching into Spring

As February ends and March begins, we leave the thoughts of winter's chills behind and await the warmth of Spring. We are familiar with the phrase, "March comes in like a lion and out like a lamb." March can bring on roaring storms or calming warmer breezes. It speaks to the change of the seasons. The changing weather patterns are very familiar to us here in St. Louis. Just wait a moment and the weather will change.

There is one thing that doesn't change, God's love for us. His love is a gift for all. No one is excluded from receiving it. One only needs to accept it. When we breathe in God's love, it's like the smell of dew on the Springtime blossoms, which warms our souls and cheers our hearts.

Our lives are often like the weather, one day is calm and peaceful, the next can be full of drama and uncertainty. But God's promise is that He is present with us each day and in every situation. He walks beside us to talk with us. He walks behind us to protect us. He walks before us to guide us.

As surely as March leaves way for April's arrival, our Heavenly Father goes with us every step of the way. So, whether your day is bright and cheerful or gloomy and somber, one thing remains the same: God so loved the world that He gave His only begotten Son, that whoever believes in Him will not perish, but have everlasting life.

With His love within us we can MARCH through each day with the peace which SPRINGS from God's heart to ours.

Day Trip

The Rep Theatre

Sunday, March 23 1:15 PM



As part of our Anniversary Celebration, SAJE Senior Ministry's next Day Trip is a matinee performance at the Rep Theatre to see Ken Ludwig's ***Sherwood: The Adventures of Robin Hood***.

This performance is a riotous romp through the enchanted forest, where Robin and his lively band of outlaws plot to outwit a greedy prince. Filled with daring escapades, mischievous humor, and a dash of romance, this timeless tale of justice and camaraderie is a swashbuckling adventure!

We will meet at St. Thomas Holy Spirit Lutheran Church at 1:15 PM. A chartered bus will whisk us away to the theatre and return us back to our start point at 4 PM.

Space is limited. Cost is \$20. **Reservations are required.**

Call the office at 314 664-9700 to make reservations. The deadline for reservations is March 17.

Checks can be mailed to:

SAJE Senior Ministry
c/o St. Thomas Holy Spirit Lutheran Church
3980 South Lindbergh Blvd
Sappington, MO 63127

If you didn't notice our March Lunch and Learn activity listing, check it out. We will have a peek behind the curtain of what happens at The Rep when they are planning a show. Our speaker will share with us how they bring a performance to the stage, with costumes, props and more. If you plan to be at the performance, you won't want to miss this Lunch and Learn.



GAME DAY

Join us for a fun filled afternoon of games, puzzle making, and entertainment. Table games like Dominoes, checkers, chess, Monopoly, Bananagrams, Scrabble and others will be provided. Puzzle tables will also be available. Corn hole games will be set up. You can also bring your own favorite game. Bring a friend or two and have a great time.

Date: Sunday, April 6

Time: 1-4 PM

Location: St Thomas/Holy Spirit Lutheran Church
3980 Lindbergh Blvd 63127

Drinks and refreshments will be provided.

**Please RSVP by April 1 to:
314-664-9700.**





A ministry of St. Thomas/Holy Spirit Lutheran Church

CHRISTIAN COMMUNITY HOMECARE 314-843-9673

Safety Tips - Foodborne Illness

Foodborne illness (food poisoning) is fairly common—every year about 48 million people (one in six) in the U.S. become ill from eating contaminated foods. Of those, about 3,000 die. Elderly people are at special risk because they can't efficiently fight off the bacteria, virus, and parasites that make people sick.

People often think their illness was caused by their *last* meal, but the time between eating bad food and the onset of illness can vary widely. Usually, you'll feel sick 1–3 days after eating. But you could become sick anytime from 30 minutes to 3 weeks after eating. Whether or not you get sick depends on several factors, including the type of bacteria in the food.

Know the symptoms of foodborne illness: upset stomach, abdominal pain, vomiting, or diarrhea are common. Or there may be flu-like symptoms with a fever, headache and body aches. It's easy to confuse foodborne illness with other types of illness.

At restaurants always order food well done. Don't hesitate to ask the server or chef to make sure foods are not served raw or undercooked. Doggie bags should be refrigerated within 2 hours; within 1 hour if air temperature is 90° F or above.

Meals on Wheels

This program provides much-needed food, along with interaction and socialization. The drivers see how people are doing and can recognize signs of neglect. You may be eligible if you are age 60 or older with a spouse of any age, or a disabled person under age 60 or recuperating from serious illness or surgery. To find the closest program to you, contact **Meals on Wheels 888-998-6325** or visit, www.mowaa.org

Don't Fall – Be Safe

Good nutrition helps prevent falls. Calcium is a mineral that is essential for the formation of strong bones. Dairy foods are the richest sources of calcium in our diets. Not only is calcium important in preventing fractures, it is also beneficial in helping fractures heal faster.

Spring Quotes

"Despite the forecast, live like it's spring." - *Lilly Pulitzer*

"You're only here for a short visit. Don't hurry. Don't worry. And be sure to smell the flowers along the way."

-*Walter C. Hagen*

"Nothing ever seems impossible in spring, you know."

- *L.M. Montgomery*

"I suppose the best kind of spring morning is the best weather God has to offer."

- *Dodie Smith*

"Spring work is going on with joyful enthusiasm."

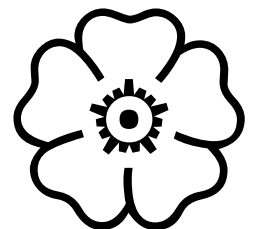
- *John Muir*

"Spring's greatest joy beyond a doubt is when it brings the children out."

-*Edgar Guest*

"Spring is nature's way of saying, 'Let's party.'"

-*Robin Williams*





WHAT'S HAPPENING at SAJE

Lunch and Learn

St Thomas/Holy Spirit Lutheran Church

3980 South Lindbergh Blvd

Thursday, March 13, 11 AM

From Page to Stage

Have you ever wondered how professional theatre makers create the magic that happened on stage? Brittney Walker Merritte, a staff member from the St. Louis Rep Theatre is joining us with an explain of the creation and curation of a theater season, from play selection to the moment it comes to life on stage. Community members will learn about all the different aspects of theatre and interact with props, set models, lighting fixtures and more.

Thursday, April 10, 11 AM

Backyard Birds:

Meet with volunteer naturalists from Powder Valley Nature Center to learn about the birds that you commonly see in your yard and at the feeder. Learn some tools that you can use to help identify the birds and learn how to attract them to your yard. What food should I put out? Which birds will use a bird house? You will leave this program equipped to have a better understanding and enjoyment of the backyard birds that you see.

Presentations at 11 AM, followed by a home-made lunch of soup, salads, and of course, desserts. Cost \$5.00.



Movie Matinee

St Thomas/Holy Spirit Lutheran Church

3980 South Lindbergh Blvd

Popcorn & beverages served

All movies start at 1 PM

Thursday, March 27

Conclave 2024 PG Drama 2 hrs

Cardinal Lawrence finds himself at the center of a conspiracy while overseeing one of the world's most secretive events - selecting a new Pope.

Starring: Ralph Fiennes, Stanley Tucci, John Lithgow, Sergio Castellitto and Isabella Rossellini

Thursday, April 24

Hitman 2024 R Comedy/Action 1 hr 53 min

Strait-laced professor Johnson, who moonlights as a fake hit man for the New Orleans Police Department, is gifted at inhabiting different guises and personalities to catch hapless people hoping to bump off their enemies. He descends into morally dubious territory when he finds himself attracted to one of these potential criminals, a beautiful young woman.

Starring: Glen Powell and Adria Arjona

Bingo

Church of the Advent 9373 Garber 63126

Thursday, **Mar 27** and **Apr 24**. Have fun, socialize and win great prizes.



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Sappington, MO 63127

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Member Supporting Organizations

**St Thomas/Holy Spirit
Lutheran Church**

3980 South Lindbergh Blvd
Sappington, MO 63127
(314) 843-6577

sthschurchstl.com

**St Justin Martyr
Catholic Church**

11910 Eddie & Park Rd
Sappington, MO 63126
(314) 843-8482

stjustinmartyr.org

Christian Community Homecare

Contact Chris at
(314) 843-9673

chris@christiancommunityhomecare.org

General Questions

Contact the office at
(314) 664-9700

office@sajeseniorministry.org

Submission deadline for the May/June newsletter is Friday, April 4, 2025.