



SAJE

Senior Ministry

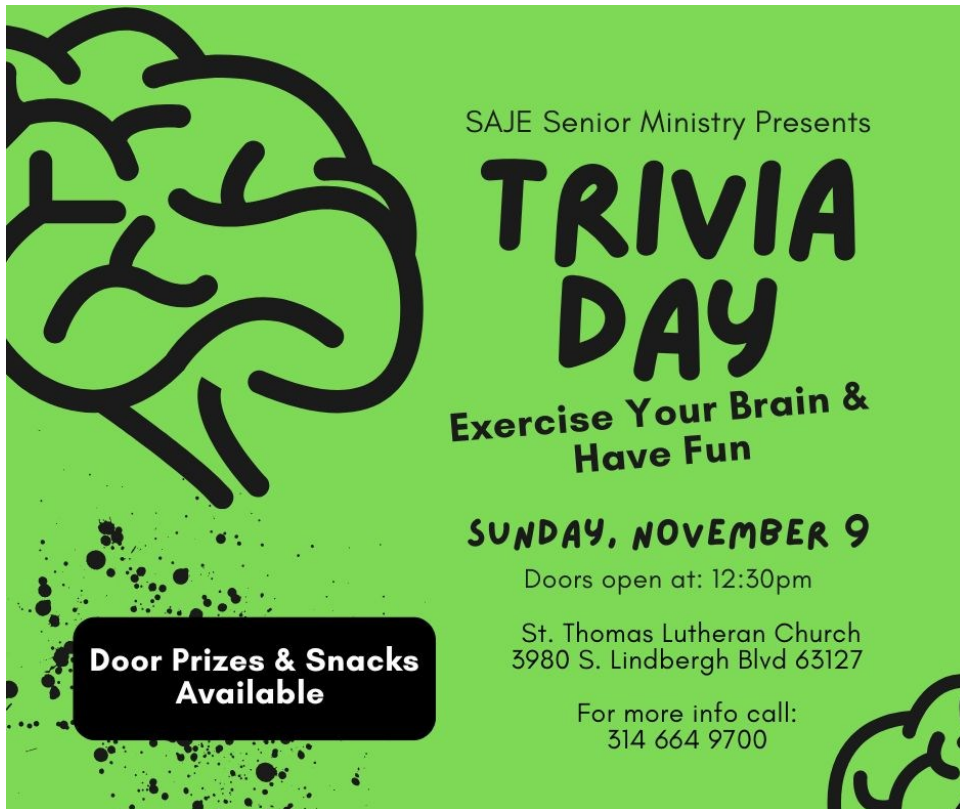
Connecting Seniors In Community

Body/Mind/Spirit

Nov/Dec 2025

VOL 15 06

www.sajeseniorministry.org



SAJE Senior Ministry Presents

TRIVIA DAY

Exercise Your Brain & Have Fun

SUNDAY, NOVEMBER 9

Doors open at: 12:30pm

St. Thomas Lutheran Church
3980 S. Lindbergh Blvd 63127

For more info call:
314 664 9700

Door Prizes & Snacks Available

Has your brain matter gotten a little dusty? It's time to give it a work out. Our first ever noncompetitive, Trivia Game Day is Sunday, **November 9**. Unlike other trivia events this is **FREE**. You don't need to gather a team, but you can if you like. You can also participant by yourself or with a friend or two.

DJ John Sebben, from St. Louis Classic Rock will be our master of ceremony and asks the questions.

Snacks and Refreshments will be provided by Friendship Village. Of course, there are fabulous door prizes.

Join us for a fun afternoon of useless knowledge.

The doors open at 12:30, the game starts at 1:00 PM.

To ensure we have enough snacks & refreshments, call the office at 314-664-9700 to reserve your spot. See you there.

THANK YOU VOLUNTEERS!

As we approach the end of the year, we at SAJE Senior Ministry appreciate all that you do to help our mission to connect Seniors in Community—Body/Mind/Spirit.

Your gift of time assisting SAJE Senior Ministry, helps promote successful aging by supporting seniors to live safely in their homes, lead physically and spiritually active lives, and remain socially engaged in their community.

Whether, you cook, or clean up the kitchen for our Lunch & Learns; lead an exercise class; fold and mail our newsletters; teach a craft class; call BINGO; set up and tear down tables and chairs or spontaneously volunteer to help out, we are so grateful to you. You are what makes our ministry a success. Thank you, Thank you, Thanks you. God Bless.

50 Reasons to Use Christian Community Homecare

- Answering the door/telephone
- Apparel selection
- Appointment reminders
- Assist in visiting relatives or friends
- Assistance with paying bills
- Assistance with grooming
- Assistance with walking
- Mailing bills and letters
- Bathing assistance
- Bathroom assistance
- Changing linens
- Christian based program
- Companionship with a smile
- Conversation
- Cooking
- Discuss current events
- Dry-cleaning drop off and pick up
- Dusting furniture
- Emergency assistance in dialing 911
- Entertainment
- Errand running
- Escort to beauty shop or barber
- Flexible scheduling
- Friendly staff
- Game playing
- Going out to lunch
- Good old TLC
- Grocery shopping
- Laughing
- Laundry
- Letter writing/correspondence
- Light Housekeeping
- Mailing bills/letters
- Making beds
- Meal planning
- Meal preparation
- Meal clean up
- Medication reminders
- Monitoring to prevent wandering
- Mopping up messes
- Organizing household rooms
- Plant care
- Reading
- Smiles
- Shopping (grocery & personal)
- Sorting mail
- Spiritual encouragement
- Taking out trash
- Transportation
- Vacuuming

Christian Community Homecare is a ministry of St. Thomas/Holy Spirit Lutheran Church.

314-843-9673

Christian Community
HOME CARE 



WHAT'S HAPPENING at SAJE

Lunch and Learn

St Thomas/Holy Spirit Lutheran Church

3980 South Lindbergh Blvd

Thursday, November 13, 11 AM

What Goes on in the Federal Courthouse?

Have you ever wondered what goes on in the Federal Courthouse and how it affects you and your family? A judge from the U.S. District Court of the Eastern District of Missouri will visit with us and explain the federal judicial branch of government. Time will be allotted for Q & A.

Thursday, December 11, 11 AM

Holiday Cabaret

To put you in the holiday mood and liven your spirits, we will have a selection of seasonal music and entertainment from the Merry Keller Studio. Join us afterwards for a special holiday luncheon.

All presentation are at 11 AM, followed by the luncheon. Cost \$5.00.

Newsletter Folding

St Thomas /Holy Spirit Lutheran Church

Wednesday, December 17, 2025, 10:00 AM

Our newsletters are mailed every other month.

BINGO

Thursday, **Nov 20 & Dec 18** at **10 AM**

at **Church of the Advent** 9373 Garber 63126.

Socialize and win fun prizes.

Movie Matinee

St Thomas/Holy Spirit Lutheran Church

3980 South Lindbergh Blvd

Popcorn & beverages served

All movies start at 1 PM

Thursday, November 20

No movie on the 4th Thursday due to Thanksgiving

Butch Cassidy and the Sundance Kid

Drama/Western 1970 107 min PG

In memory of both Robert Redford, who just passed away and Paul Newman. Newman and Redford are wisecracking outlaws on the run in this classic western, a breezy blend of action, comedy and romance.

Starring Robert Redford, Paul Newman and Katharine Ross

Thursday, December 18

No movie on the 4th Thursday due to Christmas.

Downton Abbey: The Grand Finale

2025 125 minutes PG Drama

It's time to say goodbye...When Mary finds herself at the center of a public scandal and the family faces financial trouble, the entire household grapples with the threat of social disgrace. The Crawleys must embrace change as the staff prepares for a new chapter with the next generation leading Downton Abbey into the future.

Starring Russell Beale, Michelle Dockery, Hugh Bonneville

Please Note: Due to the Thanksgiving Holiday, we has moved the November BINGO and Movie to November 20. Also, the December Bingo and Movie are moved to December 18 due to the Christmas Holiday. Please mark you calendars.

Exercise Classes

Concord Trinity United Methodist
5275 South Lindbergh 63126

Chair Exercise 10:30 AM Tuesdays **FREE**

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



AMen Men's Group

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, **Nov 10 and Dec 8** - 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.

Tech Problems

If you have questions about your phone, computer, tablet or other tech devices, let our new volunteer, Patti S. help you trouble shoot your technology problems. Call the office at **314 664 9700** to schedule a time to get together with Patti.

Lunch Meet Up

First Watch

491 S Kirkwood Rd, Kirkwood, MO 63122

November 17 @ 1 PM

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.

Healthy Sleep Habits

- ◆ Follow a regular schedule by going to sleep and getting up at the same time each day, even on weekends or when traveling.
- ◆ Have a bedtime routine. Find ways to relax before bedtime each night. Read a book, listen to soothing music, or take a warm bath.
- ◆ Make your room comfortable for sleep. Keep the temperature not too hot or cold.
- ◆ Try to get regular exercise, but not within three hours of your bedtime.
- ◆ Avoid napping in the late afternoon or evening.
- ◆ Avoid having caffeine late in the day, which can keep you awake at night. Items to avoid may include coffee, tea, chocolate, and soda.
- ◆ Avoid drinking alcohol, even small amounts.
- ◆ Try not to watch television or use a computer, cell phone, or tablet in the bedroom.
- ◆ Avoid eating large meals within two to three hours of your bedtime and avoid drinking large amounts of liquid late in the day.

- NIH National Institute on Aging

Trip to Our Lady of the Snows' Christmas Lights

As winter approaches, nights become longer and we start to crave light. SAJE Senior Ministry has organized a trip to bring light into the beginning of the holiday season.

Join us on **Wednesday, December 3** for a trip to see the Christmas lights at Our Lady of the Snows in Belleville, IL. A chartered bus will pick us up from St Thomas/Holy Spirit Lutheran Church at **4 PM** to begin our adventure.

We will start the evening with dinner at the Eckert's Farm Restaurant. Dinner will be on your own. There will be time to browse the farm stand and shop. Then off to see the lights. If you didn't get your share of shopping, we have allowed time to visit the bazaar on the grounds of the Shrine before viewing the lights. After a leisurely drive through the grounds, we will be whisked back to St. Thomas at **9 PM**.

Hurry, this trip filled up fast last year, so make your reservations as soon as possible. Cost is **\$10. Reservations are required.**

Call the office at 314 664-9700 to make reservations.

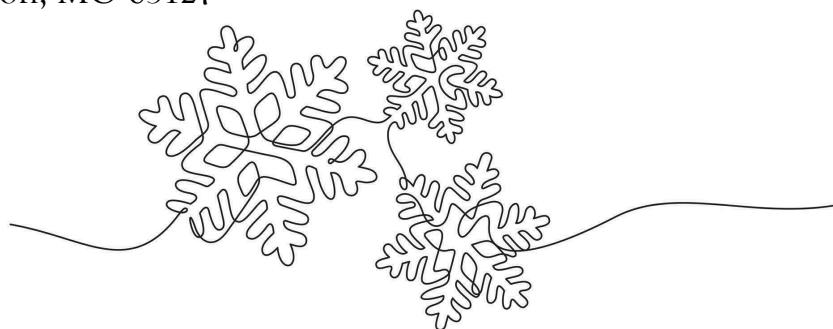
Checks made out to SAJE Senior Ministry can be mailed to:

SAJE Senior Ministry

c/o St. Thomas/Holy Spirit Lutheran Church

3980 South Lindbergh Blvd

Sappington, MO 63127



Voices of SAJE

In the last issue of our newsletter I asked you to send me your stories about your experience with SAJE Senior Ministry. Below is one of the stories you have generously offered to share with us.

"Tuesday mornings at 10:30 for me started when my friend Loretta Pritt gave me a copy of the SAJE flyer showing the Tuesday morning chair exercise class. I started coming to class around the middle of September 2022 and quickly made new friends. Mickey (Paula) Ennis and Mary Greaves invited me to go to lunch with them one day after class. It quickly became a routine that we would do our chair exercise class and round up any members to go out and enjoy a meal and get to know each other a little better. I feel I have made a whole new group of friends and am very grateful that I joined this group of wonderful people."

- Sharon Pacie

If you have a story you would like to share, please send it to office@sajeseniorministry.org.

SAJE SENIOR MINISTRY

VOLUNTEERS NEEDED

We are calling on compassionate individuals to volunteer with us and make a positive difference in the lives of area seniors.

For more information:
office@sajeseniorministry.org

314 664 9700

www.sajeseniorministry.org



READY TO BE THE CHANGE?
VOLUNTEER YOUR TIME AND SKILLS.

S H A *r* E D
P *r* A Y E R

Tuesdays, 9am
St. Thomas/Holy Spirit Sanctuary
3980 S. Lindbergh Blvd.

Winter Vehicle Maintenance Reminder

Colder weather can be tough on vehicles. A little preventive maintenance before the weather gets too bad can help your can avoid problems later. This includes: a battery check, coolant flush and fill; antifreeze level check; tire pressure; windshield wiper fluid levels; oil change, and more. Make sure your vehicle is prepared.



Activity Cancellations

We hate to admit it, but winter weather is approaching. Our members have proven to not let a little snow or ice deter their activities, so on occasion we will err on the side of caution and cancel activities.

Please check KMOV 4, KSDK 5, KPLR 11, KMOX, or Facebook for closings.

Spirit Message



The world is shifting into holiday mode. The candy has been handed out. The jokes have been told. Now we head into the time of the year when the consumer market goes crazy. We jump into a chaotic fray that pumps 24-7 “holiday cheer” into the air and tries to quantify meaning by how much or little a person spends. We suspend diets for the sake of not offending bakers and chefs. We journey through communities decked-out with lights and ornamentation, trying to evoke a sense of wonder, joy, and amazement.

Still, for many people this time of year is difficult. The joy of the season is eclipsed by pain and loss. Family is not the same when you’ve lost someone who was center to your holiday celebration. Others are isolated throughout the season, no longer having family close to them. There is no joy, wonder, or amazement.

For those who are struggling through the holidays, please know that you are not alone. Please know that there are communities who offer a place to wrap you in prayer and comfort. Please know that peace which passes all understanding is born into this season as well, offering a balm for your soul and a true way to honor a season where the shadows of night fade in the coming of the Light of the World.

-The Rev. Dr. Jill V. Seagle
St. Thomas/Holy Spirit Lutheran Church



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Sappington, MO 63127

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Nov/Dec 2025 Newsletter

SAJE Senior Ministry www.sajeseniorministry.org

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 Jan/Feb newsletter is Friday, Dec 5, 2025.