



SENIOR ADULT COUNCIL MEETING

Monday, March 16th | 12pm | Café Private Dining Room

Bring your own lunch & join us in the private room in the Café to discuss upcoming events in the Senior Adults Ministry. All are welcome!

No RSVP necessary. See you there!

DIABETES EDUCATION CLASS

Starting Tuesday, March 10th | 10am-12pm | A132

This free 6-week class led by Neha Parikh of the Peninsula Agency on Aging is for those who have a diagnosis of Type II Diabetes & have their blood sugar checked regularly.

Space is limited. Contact Dani Fortuna to register.

LUNCH & LEARN WITH TYLER

Thursday, March 26th | 12-2pm | A132

Tyler is back with a free informative series on all you need to know about Senior Living! Lunch will be provided.

Contact Dani to register by **March 23rd**.

SHOEBOX ANGEL ARMY

The Shoebox Angel Army meets at the Hampton Campus on Mondays from 9am-12pm to work on simple projects to facilitate packing Operation Christmas Child shoeboxes.

It's fun fellowship that rewards the group with Kingdom purpose!

Even if you aren't able to participate on Mondays, you can help!

The Angel Army is always in need of fabric, yarn, sewing notions, costume jewelry, ribbon, various craft supplies, beanie babies or other stuffed animals.

If you have donations, please call Lauren Sebring at 757-508-4736.

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Calendar of Events

- 2 Mar Shoebox Angel Army, 9am, A101 (Mondays)
Pickleball, 5-8:45pm, Gym (Mondays)
- 3 Mar Community Forum on Aging
Liberty Builders, 9am, Warehouse (Tuesdays)

Caregiver Educational Series on Memory Loss

March 3rd, 17th & 31st | 3-4:30pm | Commonwealth at the Devonshire
RSVP to CeeJay at 948-529-2965.

- 4 Mar Dresses 4 Missions, 10am-2pm, M106 (also 3/18)
GriefShare Winter Cycle, 6pm, A132 (Wednesdays)
- 5 Mar Liberty Crocheters, 9am, A132 (Thursdays)
Pickleball, 9am-12pm, Gym (Tuesdays & Thursdays)

Peninsula Agency on Aging 60+ Pop-Up Center

Thursdays | 9am-1pm | First Baptist Church (NN)
Reservations Required. Call 757-586-5525.

- 7 Mar Liberty Food Distribution, 10am, Parking Lot (Monthly)
- 8 Mar One Day Revival
- 9 Mar Leadership Institute, 6:30-8pm, Chapel (Monthly)
- 10 Mar **Diabetes Education Class, 10am, A132 (Tuesdays, 6 wks)**
Soul Survivors, 2pm, Café Event Room (Monthly)
- 16 Mar Senior Adult Council, 12pm, Café Private Event Room**
- 19 Mar 55+ Group, 3pm, Camp Comm. College- SFD, jthomas@pdc.edu
- 26 Mar Red Cross Blood Drive, 10am-3pm, Fireplace Area
- 26 Mar Lunch & Learn with Tyler, 12-2pm, A132**

UPCOMING EVENTS

- 2 Apr Stations of the Cross Experience, 5-8pm, Dining Hall
- 3 -5 Apr Good Friday/Easter @ Liberty
- 21 Apr Healthy Movements for Diabetics, 10am, A132 (Tuesdays, 6 wks)
- 1 May Senior Advocate Expo & Carfit, 8am- 1pm, Free, Lunch Provided

