

ADDITIONAL ACTIVITIES

Monday Walkers

9:00 AM

As we welcome spring, we will move our Monday walking group from the mall to Harrisburg Park. We will meet every Monday morning at shelter #3. This is near the retention pond and the football field. **AL-2**

Pickleball

6:00-8:00 PM

Whether you play already, or want to learn we would love to have you join us in the FLC Thursday evenings. **AL-3/4**

SPECIAL EVENTS

Deacon Meal

May 3, 12:00 PM

Make sure to let your deacon know if you will be attending. If you do not have a deacon, please contact Christy in the office **AL-1**

Senior Adult VBS

June 15-18, 10:00 AM

Join us in the FLC Monday - Thursday for Illumination Station VBS, where we will learn about Jesus as the Promised, Perfect, Powerful, and Proven Son of God. **AL-1**

Dessert and Design

June 27, 6:00 PM

Create memories and a masterpiece while we eat dessert and fellowship during this guided painting party. **AL-1 \$\$**

ASSESSMENT AND QUESTIONNAIRE

The goal of the assessment is to gain a comprehensive understanding of how well seniors are prepared for the challenges of aging and identify areas where additional support or planning may be needed. This includes questions about current health status, home accessibility, financial planning, social connections, family support, access to healthcare, and an interest questionnaire. Access the assessment by visiting the Senior Care Village webpage.

Scan the QR code to visit the webpage



NOTE ACTIVITY LEVEL FOR EACH EVENT

- AL-1** Sit, lie down, stand up, read, and move around the home.
 - AL-2** Leisurely walk, grocery shop, do dishes and light housework.
 - AL-3** Brisk walk, manage steps/stairs & uneven pavement, sweep/mop, and rake leaves.
 - AL-4** Moderate to vigorous intensity required, such as pickleball.
- \$\$** Indicates a cost to you for the activity.



704-455-2813

www.pbcharrisburg.org/seniors



What is a Care Village?

A Care Village is a network formed within a geographic area to support older adults independently aging in the community. The Providence Senior Care Village will be for those 60+ in the Harrisburg area.

Why a Care Village?

Aging adults desire to live independently as long as possible. A Care Village fosters independence, Christian spirituality, wellness, engagement, care, and support. Providence Senior Care Village focuses on living safely at home, staying connected through social networks, and having access to community resources while receiving the support of a faith community.

They still bear fruit in old age; they are ever full of sap and green, to declare that the Lord is upright; he is my rock, and there is no unrighteousness in him.

Psalms 92: 14-15

APRIL

SPRING CLEANING

Worship and Bible Study Tuesdays at 10am
Activities Immediately Following

Medicine Cabinet Clean Out

7

Bring old medication to be properly disposed of by Harrisburg Hometown Pharmacy. Learn a pharmacist's role in aging well. **AL-1**

Closet Clean Out

14

Amanda Buck presents Living with a Life Full of Laughter. We will also collect gently used clothes to donate to a local nursing home or Salvation Army. **AL-1**

Fort Caswell Spring Retreat

21

Due to the Spring Retreat in Fort Caswell, there will be no Tuesday Bible study. **AL-1/3 \$\$**

Clearing the Cobwebs

28

Join us for Trivia and clear the cobwebs from your mind. This will be a stimulating workout for your brain while enhancing cognitive functions. **AL-1**

MAY

MISSIONS AND MEALS

Worship and Bible Study Tuesdays at 10am
Activities Immediately Following

Cinco de Mayo

5

Tony Emes will join us to share about how he is reaching the Spanish speaking community with the gospel. Enjoy a popular cultural dish. **AL-1**

Missions in Africa

12

Stateside missionaries will share with us about their mission work in Africa. Enjoy a popular African dish. **AL-1**

Thailand Missions

19

Hear about the recent mission trip to Thailand and the mission work being done with Love Church Rayong. We will meet at Thai House for lunch. **AL-1 \$\$**

Local Mission Project

26

Join us as we pack bags for the Harrisburg Food Pantry Summer Program. Enjoy an American cookout. **AL-1**

JUNE

VACATION FUN

Worship and Bible Study Tuesdays at 10am
Activities Immediately Following

Virtual Vacations

2

Join us for a shared experience as we take a virtual vacation with no physical, financial, or health related barriers. **AL-1**

Name That Tune

9

Take a trip down memory lane as we play a lively game of "Name That Tune," featuring the greatest hits of the 50's, 60's, and 70's **AL-1**

Senior Adult VBS 6/15 - 6/18

16

Join us for Senior Adult Vacation Bible School Monday - Thursday. After VBS Thursday we will meet at Texas Roadhouse for lunch. **AL-1\$\$**

Bible Trivia

23

Sharpen your mind and spirit with Bible Trivia. Rediscover the stories, character, and wisdom of the Bible. **AL-1**

National Park BINGO

30

Immerse yourself in America's great outdoors with this captivating bingo game featuring awe-inspiring national parks **AL-1**