

Messiah Senior Adult Ministry



January - March, 2023
Faith, fun, friendship and
service for ages 55+

SAM@messiahchurch.com

Virtual Apple Pie Sale Sets Yet Another Record



Thank you to everyone who purchased a virtual apple pie this past fall. We even had a walk-in customer who purchased a few cans of virtual whip cream for his pies! Altogether, with the Gundlach Family Fund, we presented \$15,268 to NBC15 Share Your Holidays which was doubled again. Altogether, we raised over 76,000 meals for nearly 300 food pantries in 16 south central Wisconsin counties. See you in the fall for our 4th Annual Virtual Pie Sale!

New Volunteer Dates Available for SHFB

Second Harvest Food Bank just released new volunteer dates for SAM. Here they are:

Monday, January 9
Monday, January 23
Monday, February 6
Monday, February 20
Monday, March 6
Monday, March 20

Everyone is welcome. We report at 12:15 pm and are normally done at 3:30 pm. Come and join the fellowship with your SAM friends while we work!

To sign up, send an email to SAM@messiahchurch.com

"Stepping On" Class To Start in March



Last fall we had a presentation on preventing falls for seniors. After our meeting, several people asked if we could get the seven-week class at Messiah. The good news is yes we can! Details are still being worked out. We do know the class will start March 14th and run every Tuesday with the class concluding on April 25th.

Please watch your email for details and cost for the class.



2802 Dairy Drive, Madison, WI 53718 • 608-223-9121 • SecondHarvestMadison.org

December 29, 2022

Messiah Lutheran Church
Attn: SAM/Keith S
5202 Cottage Grove Rd
Madison, WI 53716

Dear Keith and the Senior Adult Ministry,

Thank you for your generous donation of \$15,268.00 on December 9, 2022 to the *NBC15 Share Your Holidays to eliminate hunger campaign*.

Can you believe that 2022 is the 27th year that we've partnered with NBC15 to make sure that everyone has the nutritious food they need to thrive? And, can you believe that Share Your Holidays is now one of the largest food and fund drives in the country? Founder Mike McKinney started out with what so many of our supporters have: a personal passion for ending hunger, a modest goal, and a willingness to ask his community to join him in supporting Second Harvest. More than 65 million meals later, Share Your Holidays is a true testament to the generosity of our community.

This year, we are celebrating with the theme of *Together*. Especially during the holidays, food brings families together. And, it takes all of us coming together to make a big impact on hunger in our community! Together with our pantry partners, we are ensuring a dignified experience for those who receive food. Together with our volunteers and food donors, we are getting millions of pounds of food to where they need to be. And together with YOU, we are building a better food bank for all.

Thank you for coming together for the 27th annual Share Your Holidays and showing that you believe that everyone deserves enough nutritious food to thrive.

With gratitude,

Michelle Orge
President/CEO

This letter serves as a receipt of your donation.
No goods or services have been provided in consideration of this contribution

Southwestern Wisconsin's largest fund & food drive.
Providing millions of meals since 1996!

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Upcoming SAM Potluck Luncheon Speakers

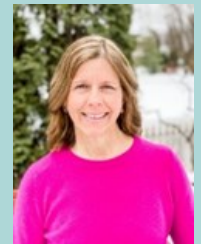
February 22, 12:00-1:30 pm *Selections for a Celebration of Life*



Dean Gardner, one of Messiah's organists, will be today's presenter. His presentation will focus on hymns and passages people may want to have included in their own Celebration of Life service. Dean will play the hymns on the organ and then talk to us about the hymn, what it means, and how it fits into a Celebration of Life service.

March 29, 12:00-1:30 pm *Getting Older—Should We Care More About Our Nutrition?*

As we age, we may think some changes in our health are inevitable. However, good nutrition and remaining active can help us keep strong enough to keep doing all the things we enjoy. This talk will cover the evolving research on nutrition as we age. Beth Olson is Associate Professor in the UW's College of Agricultural and Life Sciences/ Nutritional Sciences.



April 26, 12:00-1:30 pm *John Stofflet, News Anchor, NBC15*



John Stofflet will retire in June 2023 after 40 years in television news. We will learn what it takes to make a 30-minute newscast. What are some of John's favorite stories? What were some of his hardest stories to deliver to his audience? Join us as we celebrate this icon in broadcast journalism.

May 31, 12:00-1:30 pm *Toco Beach Steelpan*

Specializing in instrumental tropical music performed on steelpans, flute, saxophone, and marimba, Toco Beach evokes listeners' most blissful moments in the sun, caressed by cool tropical breezes with bare feet in turquoise waters. SAM will provide lunch today as we close out the potluck season. Yes, flower leis will be available! Think tropical attire for this event.



SAM Trips Are Back!!

On Wednesday, June 21, we will head up to the Wisconsin Dells and board the Clipper Winnebago for a two-hour catered lunch cruise complete with linen service. We will leisurely cruise the Wisconsin River above the dam. Once we return to port, we will travel to Wollersheim Winery for a sit-down wine tasting. You will have snacks paired to each wine and staff will talk about the wines you are currently tasting. The final tasting will be Wollersheim's own Brandy Old Fashioned. As you board the coach for church, you'll receive a special treat. Then it is nap time while the coach heads for Messiah!

Watch your email for more details which should be available within a few weeks. **Tickets will go on sale at the SAM Potluck on March 29th.** Mark that date as this tour will sell out very quickly.