

## **SENIORS AT INDIAN RIVER CITY UMC**

*Indian River City UMC is filled with an energetic group of people 55+ who are involved in Bible Studies, Active Classes, trips and who love to volunteer both on campus and in our community.*

### **SENIOR SATURDAYS**

Held on the third Saturday of each odd month at 11am for an hour of entertainment or information on topics that affect our daily lives. Topics include: Tech Talks, Finances, Health. Entertainment by local music groups, comedians, artists. Location: Wesley Hall or Sanctuary.

### **TAI CHI**

This slow movement class meets each Thursday at 10am in Wesley Hall main floor. Cost is \$3. Tai Chi meets on Tuesdays at 1pm at the N. Brevard Senior Center. Cost: \$2member/\$3 non-member.

### **MUSCLE, MEMORY, STRENGTH & BALANCE CLASS**

This class meets at the North Brevard Senior Center (909 Lane Ave, 32796) each Tuesday and Friday at 10:30am. Cost is \$2 for members/ \$3 non-members

### **BOOK CHAT**

This group meets the third Friday of each month at 11am in the Library located off the courtyard.

### **PRAYER TEAM**

This intercessory prayer group meets each Monday at 11am in the chapel.

### **GRANDPARENTS RAISING GRANDCHILDREN**

This support group meets the first Friday of each month in the Sanctuary Music Room at 9:30am. Discussions center around the issues of raising grandchildren.

### **DEMENTIA SUPPORT GROUP**

This group meets the 2<sup>nd</sup> Tuesday of each month in the Office Building Kitchen at 6pm. This is for people who care for or are related to people suffering from illnesses relating to progressive Dementia.

### **WOMEN TOGETHER (WIDOWS)**

This support group is for women who have suffered the loss of a spouse. They meet the 4<sup>th</sup> Sunday afternoon of each month from 3-5pm in Wesley Hall for friendship, guest speakers and a light supper.

*For more information on Senior Ministries at IRCUMC contact  
Dawn Schissler at [dschissler@ircumc.com](mailto:dschissler@ircumc.com) or by calling 321.267.7922.*

*For Care Ministries contact Lisa Baggett at 321.267-7922 or at [lbaggett@ircumc.com](mailto:lbaggett@ircumc.com).*