

# Senior Ministry

## March - May 2026

- **March 24 - Strength & Balance Training with Dr. Andrea and Dr. Katie.**
- **March 31 - HOLY WEEK! Senior Ministry will not be meeting.**
- **April 7 - More about the correct use of Supplements with Stephanie Ewals, Licensed Nutritionist**
- **April 14 - We're taking a morning "Hawaiian Staycation"**
- **April 21 - Strength & Balance Training with Dr. Andrea and Dr. Katie.**
- **April 28 - Movie Morning featuring the 2021 adventure film "Jungle Cruise" starring Dwayne Johnson.**
- **May 5 - Learn more about Anoka County's public transit availability for seniors with Mark Schermerhorn and Anne Walter.**
- **May 12 - Strength & Balance Training with Dr. Andrea and Dr. Katie.**
- **May 19 - End of the Program Year Season Get-together with music by CODA (Malcolm Anderson and Scott Dorff)**

We meet Tuesday mornings from 10:00-Noon. Enter Door B.

All seniors 55+ (and spouses/significant others of any age) are welcome.

Transportation available (contact Carla at 763-427-1100, Ext 325).

Invite your friends and neighbors to join you.

Free will offering will help support this ministry.

*Life is better with Friends.*

Lord of Life Church, 14501 Nowthen Blvd NW, Ramsey, MN 55303