



# Senior Ministry

## January-February 2026

- January 6 - Let's learn more about aging with dementia with Colleen from Dementia Friends.
- January 13 - "Nickel" BINGO is back!
- January 20 - Let's learn more about safety awareness with Officer Dixon-Ramsey Police Department.
- January 27 - Strength & Balance Training with Dr. Katie.
- February 3 - Let's learn more about helping our loved ones following a dementia/alzheimer diagnosis with Miss Patty from St. Croix Hospice.
- February 10 - Join us for a Valentine's Celebration!
- February 17 - Strength & Balance Training with Dr. Katie.
- February 24 - Movie Morning featuring "Paddington in Peru".

We meet tuesday mornings from 10:00-Noon. enter door b.  
all seniors 55+ (and spouses/significant others of any age)  
are welcome.

invite your friends and neighbors to join you.  
free will offering will help support this ministry.

 *Life* is better with *Friends* 