

St. Paul's Photo Directory: If you've reserved a time for your portrait, don't forget that the pictures will be taken: **January 13—14.**

Volunteer Drivers Needed: The church insurance policy prohibits anyone over seventy (70) from driving church participants on church activities. St. Paul's Savvy Seniors take tours to local attractions in the Tucson metropolitan area. There is usually one trip to the Ft. Bowie trailhead which is about 20 miles from Wilcox. If you are under 70 and could volunteer to drive for the seniors, please contact Jim Moffett at 954-2884. Be sure to speak up because of his decrepit state, he can't hear, see, or walk very well.

The movie for Wednesday: January 18, 2017 is Lee Strobel's *The Case for Christ*. If you've ever had any doubts about some aspects of the life of Christ, you've got to see this movie. This film documents Strobel's journey from atheism to faith through his two year investigation of the Bible and the life of Christ. This remarkable film features interviews with ten leading Biblical scholars from America and England. The film will begin at 10:30 AM. Popcorn, fruit and drinks are provided. A donation will be appreciated.

The December workshop for the Savvy Seniors was on consumer scams and frauds that target seniors: These are some of the things that we learned: If you believe that you have been the victim of a fraud, call the Attorney General's office at 602-542-5763; never put your pin number on a credit card or in your purse.

The Belles of St. Paul's invites ladies 50 years and older to join us for food, fun, and fellowship! If you are interested in joining a group, call Sandy Cannon at 298-1470.

St. Paul's Belles Brunch: Thursday, January 19, 2017 9AM—11 AM Brummet Hall Registration closes January 13, 2017. Cost: \$4.00—pay at the door. Come for a wonderful morning of fun, fellowship, a delicious breakfast, getting acquainted activities and prizes. Please wear your red hats to honor our beginning tradition. Contact your group leader to register. Chapeau Rojas—Barbara Neubert—296-9792, Glad Hatters—Betty Ott—886-2276, Desert Roses—Sandy Cannon—298-1470. There will be a donation basket to collect toiletry items and women's sanitary items which will be given to our St. Paul's Food Bank for distribution. These are items not covered by food stamps and are frequently requested. Thank you!

More on scams and frauds: Be careful of a relative or friend emailing you, saying they are stuck somewhere and need money; Arizona does not have a law that gives you the right to cancel a car purchase 3 days after you bought it; be especially cautious when you are subjected to high pressure sales; never invest more than you can afford to lose; the IRS or your bank will never call you and ask for information; watch out for letters with authentic looking logos from banks or corporations—call them if you have any doubts.

SAVVY SENIORS NEWSLETTER January, 2017



December 24, 2016, St. Paul's celebrates the birth of Christ. The children and youth group lead the 5:00 PM service.



**St. Paul's United Methodist Church
Tucson, AZ (520) 296-6149**

We are called to be a community of generosity and love where we invite others to join us in becoming disciples of Jesus Christ for the good of the world.

Activities for January, 2016

The Stretching and Strengthening Class led by Sam Freeman, Jr., meets every Mon., Wed., & Fri. in the Life Center at 9:00 AM. Donation: \$1.00.

The Blood Pressure Clinic run by the Parish Nurses is held on the third Sunday of every month in Brummet Hall between services.

Watercolor Class meets in the "A" - Frame at 10:30 AM. on Mondays.

St. Paul's provides a **Telecare Ministry** and a **Friendly Visitors Ministry**. These services provide care and fellowship for home-bound or residential care members of St. Paul's. For information on either ministry, call Jim Moffett at St. Paul's.

The Bible Study Class meets every Monday in the Covenant Room at 10:30 AM. The class is led by Gene Kern and is open to everyone.

Everyone is welcome at St. Paul's: People frequently ask, "Can I come to this event even though I'm not a member of St. Paul's?" Remember St. Paul's is a community church and everyone is always welcome at any of the 100 events St. Paul's hosts every month. Many of these 100 events, programs, and ministries are listed in a new booklet that is available on the breezeway on Sunday mornings. Copies are available of ***St. Paul's Ministries, Programs and Activities*** in the church office and B-7.

The Tour for Thursday, January 26 will be to the **Arizona-Sonora Desert Museum**. We will leave the church at 8:00 AM from the Brummet Hall parking lot. Please be on time. At 10:00 AM we will be able to see the **raptor flight** which is an incredible experience. Be sure to bring a camera and a bottle of water. Wear comfortable walking shoes and dress for the weather. At around 1:00 PM we will have lunch at the Ocotillo Café. Admission to the museum is \$18.50 for those of us over 65. If you're under 65, admission is \$20.50. Depending on what you order, lunch will be from \$12.00 to \$15.00. This is one of our most popular tours, so you need to register early. Register by calling the office at 296-6149, or in Sam's class. **Please register by Tuesday, January 24th.** Van fee: \$5.00.



Interesting Facts

A 2014 Federal Trade Commission report placed Arizona as the eighth "most scammed" state in the United States. The American Association of Retired People reported that although people over 65 comprise only an eighth of the United State's population, the group makes up one-third of all scam victims. Seniors are targeted because scammers are able to exploit three characteristics of seniors: we often have memory loss, are lonely, and have a more trusting nature.

The Lay Care Workshop for January, 25th, 2017 will be one of the most popular that we have all year. Mr. Sam Freeman, Jr. will talk to us about improving balance and the importance of exercise. This is an extremely important workshop. Many seniors suffer life-changing falls because of poor balance. Balance and strength can be improved through exercise. We are fortunate to have Sam in our church. His caring nature and willingness to help others enrich all of us at St. Paul's. The workshop will be at 10:30 AM, Wednesday, January 25th. As a lunch will be provided, we ask that you register for the workshop by Monday, January 23rd. Call the office or sign up in Sam's class.