

ISSUE
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MONTHLY
NEWSLETTER OF
MOUNTAIN BROOK
BAPTIST CHURCH
55+ MINISTRY

ACTIVE Christian Living



Purpose:

- Enhance and expand the mission of Mountain Brook Baptist Church, and

- Provide members of the congregation the opportunity to be faithful stewards during life and/or at death by making a gift which will serve as a permanent witness of their Christian faith.

The Foundation's funds will produce a return which will provide a supplement to, not a substitute for, the regular tithes and offerings of the congregation.

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(Ministry for Adults 55+)
in this issue

Navigating Your Future	P.1
Luncheons & Hit The Road	P.2
Day Trips	P.3
Calendar at a Glance	P.4

Navigating Your Future

Planning for the years ahead doesn't have to be overwhelming. Join us for an inspiring luncheon dedicated to helping you and your family navigate the aging journey with confidence and faith.

Event Details:

- * When: Thursday, May 28, 2026 | 11:30 AM
- * Where: Heritage Hall
- * Cost: \$10.00 for lunch



What to Expect:



We are thrilled to host Ethan Asters (MA, MSW), Executive Director of the James Houston Center for Faith & Successful Aging. Ethan will introduce **AgeReady**, a powerful interactive tool that helps families assess four vital areas: Medical, Legal/Financial, Social, and Spiritual life. This framework helps caregivers manage tasks and ensure a senior's well-being through organized, actionable planning. Explore these domains at **AgeReady**.

To help turn those plans into action, Don and Cindy Moore from **Senioridy** will show you how to easily find and compare local senior living options—from independent living to in-home care—using their free, map-based directory.



Don't miss this chance to gather valuable resources and enjoy a meal with friends. Take the next step with peace of mind.

The Mountain Brook Baptist Church James Moebes Foundation wants you to know about these information resources.

ACTIVE Monthly Luncheons



Thursday, April 9, 2026

Josh Reeves, Ph.D.

Lunch: 11:30 a.m.

Cost: \$10

Heritage Hall

Reservations close Monday, April 6.

Josh Reeves, Ph.D., serves as the Director of the Samford Center for Science and Religion and is a faculty member in the Department of Biblical and Religious Studies at Samford University. A distinguished scholar in the intersection of faith and technology, he holds an M.Phil. from the University of Cambridge and a Ph.D. from Boston University. His expertise makes him a leading voice on the ethical and theological implications of Artificial Intelligence, as he explores how emerging technologies challenge and inform traditional understandings of human nature and divine providence. Come to learn and to ask your questions. This topic is and will continue to impact our world.



Thursday, May 28, 2026

AgeReady

Lunch: 11:30 a.m.

Cost: \$10

Heritage Hall

Reservations close Monday, May 25.

We've designed this event to help you navigate your future using our specialized online planning tools. It's a great opportunity to see exactly what resources are available to you. We encourage you to bring along your family and friends. *Detail information is on the front page.*



LET'S HIT THE ROAD!

It is time to look ahead and fill calendars with new adventures! We are currently scouting for day trip ideas within a short drive of the Birmingham area and would love to hear your favorite recommendations. Whether it is a hidden gem you've visited for years or a spot you've always wanted to explore, your insight is invaluable as we plan out the remainder of the year and beyond.

We are looking for a variety of experiences—think educational museum tours, historic landmarks that tell the story of our state, or just plain fun destinations like local gardens, or unique markets. If you know of a place with great accessibility for a group, a wonderful spot for a shared lunch, or a site that offers a truly memorable learning experience, please share your thoughts. We want to ensure our upcoming travels are as engaging and enjoyable as possible for everyone!

Monthly Day Trips

Saturday, April 18

Sarah Cate Hatley Senior Violin Recital

Location: University of North Alabama, Florence

Cost: Bring money for dinner

Depart Church at 11:15 am

Recital begins at 2:00 pm

Reservations will close Friday, April 17.



Join us on Saturday, April 18th as we head to Florence, Alabama to hear Sarah Cate Hatley perform her final senior recital fulfilling her completion of the degree in Violin performance at UNA. She will be accompanied by Ms. Laurelie Gheesling on piano. Composers featured on this recital include: John Williams, J.S Bach, Antonín Dvořák and Pablo de Sarasate. We will meet at the church at 11:00 a.m. and leave at 11:15 a.m. Following the recital we will have an early dinner in Florence.

Monday, April 20

Tour Southeastern Conference Office

Location: 2201 Richard Arrington Jr Blvd N

Tour: 10:00 am

Cost: Bring lunch money.

Depart Church at 9:30 am

Reservations will close Sunday, April 19.



While the Southeastern Conference (SEC) headquarters in Birmingham is primarily a professional office building rather than a public museum, fans often visit to view its lobby and commemorative displays. The office serves as the central administrative hub for the conference's 16 member institutions. We will be allowed to see the Command Center, where officials monitor live football games, and the Commissioner's office.

Monday, May 18

PAINT ALL THE THINGS

Location: 5870 Trussville Crossings Pkwy, Ste 118,
Birmingham, AL 35235

Class: 9:30 am

Cost: \$35 per person plus lunch money

Depart Church at 9:00 am

Reservations will close Thursday, April 30.



Get ready to spruce up your entryway at a Paint All The Things wooden door hanger party! During this upbeat two-hour session, you'll customize a large 18" wooden hanger that's perfect for adding a personal touch to your home. The studio provides everything you need to get creative—including all art supplies and aprons to keep your clothes clean—so you can focus entirely on the fun. With an early start, you'll be packed up and finished by 11:30 am, leaving you with a beautiful, handmade decoration and the rest of your day to show it off!



Make Your Reservations TODAY!

ACTIVITY SCALE

Level	Definition
	Easy: minimal walking
	Moderate: walk up to a mile
	Active: walk as much as two miles
	Challenging: spend most of the day on the go

Calendar At A Glance

- Mellow Brook Singers** - Rehearsal occurs each Thursday, Music Suite/Chapel, 10:30 a.m., Lunch follows in Heritage Hall, **Spring Tour: May 4 - 8, Natchez, MS**
- April Luncheon** - Thursday, April 9, Heritage Hall, 11:30 a.m., Speaker: Josh Reeves, Ph.D., Cost: \$10 per person
- April Day Trip 1** - Saturday, April 18 - Sarah Cate Hatley Senior Violin Recital; Depart from church at 11:15 a.m. Dinner in Florence after the recital.
- April Day Trip 2** - Monday, April 20; Tour Southeastern Conference Office, 2201 Richard Arrington Jr Blvd N; Depart church at 9:30 a.m., Tour: 10:00 a.m.; Lunch - TBD
- May Day Trip** - Monday, May 18; Paint All The Things, 5870 Trussville Crossings Pkwy, Ste 118, Birmingham, AL 35235; Cost: \$35 per person; Depart church at 9:00 a.m., Class 10:00 a.m.; Lunch - TBD
- Special May Luncheon** - Thursday, May 28, Heritage Hall, 11:30 a.m., Topic: Navigating Your Future, Cost: \$10 per person



MOUNTAIN BROOK BAPTIST CHURCH
— JAMES D. MOEBES —
FOUNDATION

The Mountain Brook Baptist Church / James D. Moebes Foundation is delighted to provide financial support for the ministries, events, and activities of ACTIVE Christian Living.

If you would like to learn more about the foundation and how you can give to it, contact Debbie Hix or Baker Crow.

ACTIVE Christian Living Service Teams

ACL Advisory Council

Larry & Claudette Bearden, Lowell & Redonda Broom, John & Sale Calhoun, Louise Gore, Jane Green, Clyde & Shirley McCain, Carol Perez

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Day Trips

Sale Calhoun, John Calhoun, Louise Gore, Carol Perez, Charles Stover

Mailings/Birthdays

Cathy Benton, Charlene Chestang, Lisa Elliot, Pat Ferguson, Jane Green, Tallulah Hargrove, Lawson Hubert, Linda & Larry Moon, Barbara Patton, Mary Scott, Luanne Wall

Missions

Kathy Benton, Debby Brittain, Bob Formby, David Jackson

Monthly Luncheons

Joy Cooper, Kay Formby, Bob Formby, Louise Gore, Jane Green, Peggy Holmes, Clyde McCain, Carol Perez, Roye Tinsley