

ISSUE  
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MONTHLY  
NEWSLETTER OF  
MOUNTAIN BROOK  
BAPTIST CHURCH  
55+ MINISTRY

# ACTIVE Christian Living



(Ministry for Adults 55+)  
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## The Mellow Brook Singers: Great Music and Unbeatable Community



Joining a choir can be an incredibly rewarding experience for anyone, offering a unique blend of community, creative expression, and cognitive stimulation. As we age, it becomes increasingly important to engage in activities that not only challenge our brains but also provide opportunities for social interaction. Choral singing addresses both of these needs beautifully.

One of the most evident benefits of participating in a choir is the sense of camaraderie and friendship that arises from shared musical experiences. Choirs become tight-knit communities where members support each other, not just in perfecting harmonies but also in the ups and downs of life. In addition to the social benefits, singing in a choir offers numerous health advantages. Studies have shown that singing can improve respiratory function, reduce stress levels, and even enhance immune response. Furthermore, the act of learning new songs and harmonies provides cognitive stimulation, which can be instrumental in slowing down age-related cognitive decline. For many, the combination of these health benefits with the joy of music can lead to an overall improvement in well-being and life satisfaction.

But perhaps the most profound impact of joining a choir is the renewed sense of purpose and contribution it offers. Even as age might limit certain physical activities, the ability to contribute one's voice to a collective effort serves as a poignant reminder that everyone, irrespective of age, can make meaningful contributions to their community. Through concerts, performances, and even simple weekly practices, choir members get a chance to bring joy, nostalgia, and music to a wide array of audiences. In conclusion, choirs are more than just a pastime. They're a testament to the timeless allure of music and the power of collective harmony. Whether an individual has years of singing experience or is just beginning to explore their vocal talents, joining such a choir can provide a sense of belonging, purpose, and the undeniable joy that arises from singing from the heart.

We would love to have you join us in the Mellow Brook Singers. Besides all the health benefits, community engagement, and fellowship, it really is a joyous thing to make music with one's friends. The Mellow Brook Singers are more than just a choir. They are family. If you'd be interested in joining, please contact Chris or Kely.

# Upcoming ACL Monthly Luncheon

## iPhone and iPad Seminar Dmitrius of Connect It Co. Thursday, September 14

11:30 a.m. Heritage Hall

Cost: \$8 per person

# CONNECT

Are you keen on getting the most out of your iPhone or iPad but aren't sure where to start? Look no further! We're thrilled to announce our upcoming luncheon. This gathering is designed specifically for those of us that are less Tech Savvy to learn how to confidently navigate our iPhones and iPads to take full advantage of all its benefits.

We'll unlock the world of technology together, making it easy and accessible. Our expert will guide you step-by-step, breaking down everything from sending photos to family members, to using FaceTime for video calls, to setting up reminders for daily tasks. And that's just the start! Whether you're a beginner just starting out, or a more seasoned user, there's plenty to learn. Join us and uncover the power and convenience your iPhone can bring to your daily life. Turn your iPhone into a tool for connection, exploration, and productivity. Come learn, explore, and connect with others in a supportive and fun environment.

We hope to schedule a luncheon in the spring to address the tech needs of Android based phones and tablets as well.

**Reservations for this luncheon are due Tuesday, September 12 either through Realm or by calling or emailing the church.**



## Fraud Protection Seminar with Virginia Carder, Fraud Investigator PNC Thursday, October 12

11:30 a.m. Heritage Hall

Cost: \$8 per person

We are thrilled to announce our October luncheon. Designed to empower you with the knowledge and tools you need to guard against the growing threat of fraud. With scams becoming increasingly sophisticated, it's crucial now more than ever to stay informed and vigilant. Our upcoming luncheon promises not only delightful food and camaraderie but also invaluable insights from a leading fraud investigator.

Our guest speaker, Virginia Carder, is a seasoned fraud investigator with years of experience unraveling complex schemes and scams. At the luncheon, our she will delve into the most common types of scams targeting seniors, and most importantly, offer actionable strategies and tips to keep your finances and personal information safe. This is a unique opportunity to ask questions, share concerns, and learn firsthand from an industry professional.

This event is more than just a luncheon; it's an investment in your safety and peace of mind. As we gather over a sumptuous meal, we'll build a community more resilient to the threats of fraud and deception. Don't miss out on this chance to enjoy delicious food, foster community connections, and arm yourself with the knowledge to safeguard your future. Reserve your spot today and take a proactive step towards a more secure tomorrow.

**Reservations for this luncheon are due Tuesday, October 10 either through Realm or by calling or emailing the church.**

# Upcoming ACL Day/Night Trips



## A Grand Night for Singing Virginia Samford Theatre Thursday, Sept. 21

Birmingham, AL

6:45p.m. Meet at the church

7:00p.m. Departure

7:30pm Show Time

**Only 5 spots are available – Register Now!**

**Due to overwhelming support we have added seats for this trip! Thank you for your support!**

Get ready for a night on the town as we travel to the Virginia Samford Theater for "A Grand Night for Singing!" An evening of greatest hits from Broadway's most celebrated composers, Rogers and Hammerstein! Tony Nominated for Best Musical, the New York Times says, "It may leave you humming it's wonderful tunes!" as VST proudly welcomes the mainstage Directing debut of local legend and VST Artist in Residence, Jan D. Hunter. Birmingham's best musical theatre talent will wow you with highlights from past VST hits including The Sound of Music, Oklahoma, The King and I and more!

We have 25 tickets available at \$45 each on a first come first served basis. Enjoy a wonderful evening of beautiful music with chauffer service from the church to the front door. You may pay online through REALM or you may bring a check payable to the church and give it to Kely Hatley or to Chris Farley.

**Reservations for this trip are due Tuesday, September 19 either through Realm or by calling or emailing the church.**

## Active Christmas Gala Sunday, December 3rd

5:00 PM ACL Dinner in Heritage Hall

6:30 PM Christmas Concert by Tim  
Zimmerman and the King's Brass in the  
Sanctuary



Save the date today for our December 3rd evening ACL Christmas Gala. Our last Gala was in 2019. It is with great excitement that we get to relaunch our Christmas Gala featuring the music of Tim Zimmerman and the King's Brass. This group is no stranger to our church. We have hosted them twice in the past both in the summers of 2016 and 2018. We were just notified of their intentions to be in the Birmingham area the last part of November through the first few days of December.

Our plan is to have an elegant dinner beginning at 5:00 PM in Heritage Hall. Following dinner we will go upstairs to the sanctuary to enjoy the concert. We will open the concert up to the whole church, but the dinner will be for our ACTIVE Christian Living ministry only. Tickets for the upscale meal will be \$20.00 each. There is no charge for the concert. I encourage Sunday School classes to consider using this event for their Christmas gatherings. We can reserve tables for your classes if you so choose.

Watch the upcoming newsletters for further information and developments. This is going to be a night to remember!

**Tickets will go on sale October 1, 2023. Make reservations through Realm or by calling or emailing the church.**



**Make Your  
Reservations  
TODAY!**

#### ACTIVITY SCALE

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

## Calendar At A Glance

- **Mellow Brook Singers First Rehearsal** – Thursday, September 14 | Meet in the Hudson Hall at 10:30 a.m. |
- **ACL Monthly Luncheon** – Thursday, September 14 | Meet in the Heritage Hall at 11:30 a.m. | iPhone and iPad Seminar | Dmitrious from Connect It Co. | Cost: \$8 for lunch
- **ACTIVE Night Trip** – Thursday September 21 | Meet in the church parking lot at 6:45 p.m. | "A Grand Night for Singing", Virginia Samford Theatre, Birmingham, AL | Cost: \$45 admission.
- **ACL Monthly Luncheon** – Thursday, October 12 | Meet in the Heritage Hall at 11:30 a.m. | Fraud Prevention Seminar | Virginia Carder from PNC Fraud Department | Cost: \$8 for lunch
- **ACL Christmas Gala**– Sunday December 3rd | Dinner at 5:00 p.m. | Concert by Tim Zimmerman and the King's Brass at 6:45 p.m. | Cost: \$20 per ticket

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MOUNTAIN BROOK BAPTIST CHURCH  
JAMES D. MOEBES

FOUNDATION

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

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