

## Young at Heart (Y@H) Meeting Notes November, 2019

For updates/changes, see Y@H page on St Jude website: <https://www.stjudeindy.org/young-at-heart>

### Meeting Notes:

Our November meeting was held on the 8<sup>th</sup> in the St Jude Family Youth Center. Pat and Betty provided an update on upcoming Y@H meetings and planned/potential events. See detail schedule and watch for SignUpGenius or bulletin notices to participate.

The group had a good discussion for an activity at our **Christmas Party** on December 13<sup>th</sup>. It was decided to get chicken from Kroger as a main course and ask members to sign up for sides and desserts. For our group activity, we will play Bingo. Members are asked to bring a wrapped white elephant gift that can be used as prizes. We also suggested that everyone bring a family Christmas picture to set on the tables. A way to share our families.

Kathy Butkiewicz created a SignUpGenius for attendance and food, or call Pat/Betty to register.

**Giving Tree.** It was decided that individuals can just take tag(s) from the tree in church rather than getting special ones for seniors.

### Guest Speaker:

Kate Kunk from CICOA Aging and In Home Solutions spoke about holiday stress and how to “manage the menace”. She described the benefits of stress as a protective response that may save our lives. However, if stress becomes chronic, it can cause cognitive, emotional, physical and/or behavioral problems that affect our health and impact our families. She focused on stress experienced during the holiday and gave us suggestions to manage and minimize stress. Especially remember to Give Grace to others and make sure the people in your life know they are more important than your projects. Good advice any time of the year and any situation!

Many thanks to Kate for spending time with our group.

### Schedule of Y@H Meetings and Activities:

**November 18<sup>th</sup> 7:00pm (Monday)** – University of Indianapolis faculty concert series: “UIndy Brass”. Christel DeHaan Fine Arts Center. Free admission.

**December 6<sup>th</sup> 8:30am** – First Friday Mass and Coffee Club. Mass, coffee/snack, fellowship, video and discussion, ending about 10-10:30am.

**December 8<sup>th</sup> 2:00pm** – Buck Creek Theatre presents “*Closed for the Holidays*”. After a blizzard shuts down the roads on Christmas Eve eve, a motley crew of travelers find themselves stranded at the local community center. From the lovelorn drama teacher with a bus full of students, to the quarrelsome couple on the way to their wedding, to the overeager sheriff ready for some real criminal action, everyone has their own troubles to untangle. But to have a happy holiday, they're going to need a miracle--or seven, to be exact. “Closed for the Holidays” is a spirited and heartwarming comedy with a healthy dash of Christmas magic. We have reservations for 30; use SignUpGenius or call Pat or Betty to reserve a spot. Payment of \$12.80/person is **due by December 1<sup>st</sup>** – drop marked envelope in collection basket or parish center. **Dinner** at Dale’s Family Restaurant after the show.

**December 13<sup>th</sup> evening (6pm after Mass)** – Monthly meeting, Christmas Party, and Pitch In (fried chicken entrée; sign up to bring side or dessert to share).

**January 3<sup>rd</sup> 8:30am** – First Friday Mass and Coffee Club. Mass, coffee/snack, fellowship, video and discussion, ending about 10-10:30am.

**January 10<sup>th</sup> 11:00** – Monthly meeting. Guest speaker TBD.

Dessert volunteers: \_\_\_\_?\_\_\_\_ and \_\_\_\_?\_\_\_\_

**February 7<sup>th</sup> 8:30am** – First Friday Mass and Coffee Club. Mass, coffee/snack, fellowship, video and discussion, ending about 10-10:30am.

**February 14<sup>th</sup> 11:00** – Monthly meeting. Guest speaker TBD.

Dessert volunteers: \_\_\_\_?\_\_\_\_ and \_\_\_\_?\_\_\_\_

**March 4, 2020** (Wednesday). Prepare and serve dinner at Anna's House.

**Additional ideas** for activities and guest speakers in 2020:

- Movie night in Youth Center – **January**
  - “Breakthrough”?
  - **(Do you have a recommendation?)**
- Board Game night (Yahtzee, Bunco, etc.) – **February?**
- Carpool trip to Floyd Knobs area (Fr Steve to help plan) – **Late April or early May?**
- Guest speaker on “keeping a healthy brain at any age”
- **(What other ideas do you have?)**

**Young At Heart coordinators:**

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*A reminder that copies of Young At Heart meeting notes, forms, handouts, flyers, etc. are available at the Welcome Desk in church and in the lobby of the Parish Center. Backdated copies can be provided – send request to [DonStriegel@gmail.com](mailto:DonStriegel@gmail.com) or call 317-786-8066.*

**Possible Future Guest Speakers and/or Events:**

- Goethe Link Observatory and gardens (including 20 acres of daffodils in Spring) near Martinsville
- Bus trip to The Shrine of Christ's Passion in St John Indiana (October 2020?)
- Indianapolis Art Center – tour and “take home” activity?
- Work Day at St Vincent DePaul “Mission 27 Resale Store” (new store opening December 2019)

**Other St. Jude Events:**

There are numerous opportunities to enhance your faith journey, volunteer to serve the parish, or participate in social activities. See weekly bulletin and Nourished newsletter for details and registration info. Or, just call the Parish Center.

**Other Community Events:**

There also are various senior organizations on the south side that offer activities, education programs, lunches, excursions, etc. for 55 and over individuals. For example, Perry Senior Center, Social of Greenwood, OASIS, St Francis Senior Promise, Oak Street Health, etc. Plus, senior groups at other Catholic churches sponsor events that are sometimes open to “outsiders”.

**November 20, 7:30pm.** Free concert by Crimson Express at UIndy's Christel DeHaan center

**Respectfully submitted:**

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Many **thanks** to Betty Nicolas and Pat Delph for providing notes in my absence.