Opportunities Unlimited
Senior Adult Ministry now covers a wide-range of ages, working situations and time variances due to:

- People living longer
- People who retire early
- People continuing to work longer
- People who love to travel
- People who are content at home
- People who want to be ministered to
- People who want to minister to others
- People who want spiritual teaching primarily
- People who want social interaction primarily

The mission of a church’s Senior Adult Ministry program should be to please most of the people most of the time. The activities in this booklet are suggestions to provide avenues of both spiritual growth and education as well as wholesome, healthy fellowship. Use your imagination and creativity to make these suggestions work for your group considering the area where you live and the needs and opportunities available.

By organizing a leadership team you will find that the team members each will have unique and necessary gifts vital to successful ministry. The key is to plug each leader into an area where he/she will flourish, thereby doing the best job possible to meet the needs of the senior adults in your church and community.

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HONORING SENIOR ADULTS

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TRIPS & TRAVEL
The General Council of the Assemblies of God has named May as Senior Adult Month. It may be observed on a single recognition Sunday, over a weekend, or by a series of events throughout the month. If your church calendar is too full of other events in May, choose another month or choose several specific dates throughout the year. Make it a time of tribute, celebration and appreciation. Dwell on the positive aspects of aging. Designate a committee to plan the event(s) using as many senior adults as possible.

- Recognize the senior adults in your church and community for their contributions to God’s work.
- Advertise the fact that May is Senior Adult month by printing it in your bulletin.
- Advertise by displaying a banner inside, outside or both places where attendees and your neighbors can see it.
- Say thank you to senior adults who are faithful in attendance and participation, honoring them with gifts and verbal praise.
- Praise the Lord for individual contributions of senior adults in the past and present.
- Pray for the senior adults in your church and community, specifically mentioning their needs.
- Express appreciation for the wisdom and experience the senior adults bring to your congregation.
- Make other age groups cognizant of the blessings that senior adults can be to all
- Make May the month to serve seniors in your church by helping them with errands, housecleaning or yard work.
Which date should we honor our seniors?
Choose any date that works for your church calendar. May is a suggested month.

If you choose a particular Sunday to feature and honor the senior adults:

- Choose several seniors to usher and be active greeters
- Recruit one of your seniors to pray in the service
- If you have a retired minister in your congregation have him/her preach
- Use senior adults for the special music
- Ask several seniors to share their testimonies

Honor specific seniors by giving public recognition for being the oldest, longest church member, senior couple that has been married the longest, senior adult with the most children/grandchildren, etc.

| Have another group in your church honor the seniors with a special lunch or banquet. |
Arrange for your seniors to be adopted by a younger single or family in your church for the month to provide transportation, meals, and other services as special treatment.

If you have a very active Senior Adult group recognize them for their servant hood and let them provide and lunch and entertainment for the rest of the church. Often, younger people need to recognize what our seniors possess in wisdom, faith and service abilities.

Make a specific month the “Serve our Seniors” month and have others in your church do yard work or cleaning for the seniors.

Reach Out to Your Community

Senior Adult Month can become a wonderful evangelism tool, by planning a special day to invite senior adults from your community to a meal and/or service designed for them. Use other groups in your church to plan the event and pass out flyers to homes and individuals inviting them to their special day.

- Plan a program or service using favorite hymns such as: “The Solid Rock”, “’Tis So Sweet to Trust in Jesus”, “The Old Rugged Cross”, and “Amazing Grace”.
- Have your pastor or a senior bring a message about the “Seasons of Life” or “The Journey”
- Arrange for transportation for seniors, both from your church and especially the community.
- Provide a small inexpensive gift for every senior adult in this service or every Sunday in the month you choose to honor senior adults.
- Contact the Senior Adult Ministry office for copies of the PrimeLine newsletter to distribute. 417-862-2781 Ext. 3312 or senior adult ministries@ag.org
**Planning a Recognition Banquet**

This is a guide to help plan a special celebration to honor the senior adults who faithfully participate in church. Choose from the themes listed previously in this booklet as this is just one suggested theme that could be adapted to many others. Make a master list of everyone who should be included, with addresses and phone numbers.

**Theme** - An interesting theme might be *Hawaiian Delight*. Many people visit this beautiful vacationland or dream of doing so. A color scheme of vivid hues lends itself nicely to decorations and food.

**Invitations:** - Note paper with palm trees, a sunset or seashore would be nice. They should be mailed 3 to 4 weeks in advance. Include in each invitation a stamped, addressed card for response. As cards are returned, mark your master sheet with the response, number of plates, and transportation needs. Before the banquet, determine who will provide rides.

**Promotion** - This event should be promoted in the church bulletin with a statement that while every effort has been made to include everyone, some may have been missed. “If for some reason you have not received an invitation, please call the church office to say you will come.” Some may have reached retirement age without your knowledge.

**Decorations** - Include paper leis for all the guests. Potted palm trees and island travel posters add a festive touch. Make sure adequate dishes, flatware, and linens are available. White table covers with bright napkins and candles could be used... Center on each table an arrangement of fresh pineapples, coconuts, bananas, oranges, and tangerines. Guests can munch on the smaller fruits, and the pineapples and coconuts can be a door prize for each table. Name tags and program covers can be pineapple shaped, using buff-colored paper. Color the stems with a green felt pin. Be sure greeters have pins and markers at the doors.

**Servers** – Pairs of people work well to serve the food. One person carries the tray while the other serves the plate, beverage, etc. A good rule for adequate serving is one pair for every 10 to 12 guests. Island dress, bright shirts and muumuus, is appropriate for both servers and guests.

**Menu** - Your budget and facilities will determine the menu. If a caterer is not available, perhaps a group from your church such as Men’s ministry, women’s ministry youth, singles group and the choir would each contribute a dish of food and the church could provide the meat and beverage.
Suggested Menu:

Assorted relishes
Orange/carrot gelatin salad
   Baked Ham
   with pineapple ring & cherry
Baked potato with sour cream
French green beans
Coconut (or assorted) cake
   Rolls and butter
Hawaiian Punch or Decaf

*Entertainment* - Check with your local travel agency, library or video store to find a Hawaiian film or video. It should be no longer than 20 to 30 minutes. Perhaps an individual could share a personal trip to the Islands. Be sure to stay within a limited time frame. Taped Hawaiian music makes a nice background for the meal. Appreciation and honor can be extended in opening remarks, followed by the invocation and meal. Special recognition may be given to the oldest person attending, the person who has known the Lord the longest, as well as the person who has been a member of the church the longest, and any who have celebrated a golden wedding anniversary recently.

*Thanks for all you've done....*
SENIOR ADULT OF THE YEAR NOMINATION

Goal: To find seniors in our church who are committed and dedicated Christian examples to the congregation. We desire to give recognition and honor at the next Senior Adult Day. Nominee must be 55 years of age or older. Nominee must be a member of the church. Nominee must not be on church staff or payroll.

Name________________________________________
Address_________________________________________________________________
Birth date:_________________________________
Nominee is a role model of (please give character qualities)_______________________
Nominee’s outstanding characteristics: _______________________________________
Reference name and address (attach letter) ____________________________________
Submit this nomination to:_______________________________________
By the following date: _________________________________
Fellowship and Inspiration

People of all ages need fellowship with others. Part of the aging process is accepting changes in lives, such as death of a spouse, moving to new cities or towns, changes in friends, churches and living arrangements. By providing inexpensive dinners and meetings people can have a safe place to meet new friends and rekindle relationships with old friends.

Depending on the size of your church and the number of senior adults you have choose from some of the following ideas to best suit your groups’ needs.

- Monthly or quarterly potluck
- Monthly or quarterly time of dining out
- Seasonal catered meals
- Theme dinner nights
- Holiday events
- Sing-alongs
- Craft, woodworking or similar activities
- Exercise
- Prayer meetings
Potlucks are loved by all whether it is a lunchtime or evening meal.

Food – Request that attendants each bring at least one food item to share with others. To make sure you have some of each food group arrange the group as follows:

Those whose last name begins with:
- A-H Bring salads
- I-N Bring desserts
- O-U Bring main dishes
- V-Z Bring beverages

Use the alphabet distribution that works best for your group and change it around to that everyone gets a chance to bring a different type of food each time. You can also have a theme for the evening, such as Italian, Mexican, Salads Only, etc.

Inspiration – Provide a well-planned meeting with special music, guest speaker, crafts or prayer time. You can incorporate all or some of these aspects depending on the size of your group and the time you want to allot for the event.

- Seek out musical talent from your group or church who are willing to come and share their talent.
- Ask the pastoral staff and/or their wives to bring a message for your group
- Invite community members to come and speak on topics relevant to senior adults such as exercise and health issues, retirement planning, education, area points of interest (i.e. parks, museums), finances, holiday, etc.
- Open the evening with prayer by planning ahead for a specific person to offer the blessing.
- Begin the service or meeting at a specific predetermined time to enable people to plan their afternoon or evening accordingly.
- Give copies of the planned schedule of the event to those in charge of setup, cleanup, speaking, announcements, etc.
- Use the opening of the meeting to give announcements of cleanup procedures, upcoming events, birthdays, anniversaries and other important information.
- Be sure you have a responsible committee to handle cleanup and closing of the facility.
- Allow time for the unexpected, whether it is needed prayer time or visiting time. Stay sensitive to the needs of your group as individuals.
Monthly or quarterly dining out

Choose a different restaurant each month for variety.

- Contact the restaurant well ahead of time to inquire about:
  - Space availability
  - Separate rooms for a group
  - Special pricing for seniors
  - Handicap access
  - Parking availability
  - Menu choices
  - Price range
  - Method of payment allowed
  - Request separate checks to avoid disagreements over charges
  - Expect a set gratuity depending on the size of your group

- Publicize the dining out as far ahead as possible
  - Advertise in your senior adult newsletter
  - Make flyers to pass out in class
  - Ask for a paragraph ad in the church bulletin
  - Request an announcement from the pulpit in services

- Transportation
  - Let it be known if you prefer that everyone meet at the restaurant or at the church
  - Provide carpooling if possible
  - Provide a van or bus if the church has one available
Seasonal and Catered Meals

When spring arrives, often people are anxious to be outside. As long as weather permits organize picnics and barbeques as an event to provide a time and place for fellowship. Reserve a pavilion at a community park for Saturday afternoon or for Sunday after church and advertise the event to your senior adult group. You may want to make it a monthly event during the summer choosing a particular week of the month. Food items can be handled similarly to other potlucks. Form a committee to help delegate other needs to provide a safe and pleasant event.

- Disposable plates, cups, tableware and napkins
- Coolers to keep some food cold
- Ice
- Vinyl or paper table coverings
- Lawn chairs
- Matches and charcoal if you are planning to grill meats
- Grills if not provided in the park chosen
- Outdoor games such as balls, frizbees, croquet sets
- First aid kit
- Drinking water
- Trash bags for clean-up.
- Blankets for spreading on the lawn.
As fall approaches some special meal events are:

- Hot dog roasts
- Chili cook-off
- Beans and cornbread

These meals can be planned just like the previous events being sure to delegate responsibilities to a number of people. Plan to have these events in an outdoor area with a shelter nearby in case the weather turns cool. Perhaps someone from your group has a barn or summer house that could host a group of people and provide the comforts of restrooms, etc. If possible, arrange a hayride or similar activity to coincide with this meal plan. Extra items to have on hand:

- First aid kit
- Blankets
- Flashlights
- Matches
- Lanterns
- Sticks for roasting hot dogs
- Thermoses
- Logs for an open fire
- Water
- Trash bags for cleaning up
After the holidays of Thanksgiving and Christmas people usually need something fun and inspiring to get them through the winter. One idea is to start off the year with a prayer meeting. Having a nice meal catered or prepared by another group in your church can be a relaxing way to provide a good evening of fellowship. Contact one of the groups in your church to plan, cook and serve a special meal for this event. Charge a nominal amount or use it as a fundraiser for your group or the group providing it. Focus on the New Year and new beginnings and program the event as below:

- Have uplifting inspirational music playing as people enter the room
- Provide a basket and small pieces of paper for people to write down prayer requests
- Have someone with musical abilities lead a few uplifting choruses or hymns
- Announce that you will have a prayer time after the meal, pray for the meal and allow it to be served.
- Limit the meal time to no more than 45 minutes
- Begin the prayer time with praise reports from the attendees
- Read the prayer requests unless they are to be anonymous
- Break into small group of 5-10 for prayer
- Allow those who are uncomfortable praying aloud to simply say pass if you pray in a circle
- After 20 twenty minutes form a large circle around the room and appoint 3 people to close the evening in prayer
- Sing one last chorus together before leaving
Plan an entire meal or just an appetizer event around a particular theme to create interest and fun.

- Have participants bring food indicative of the theme
- Have someone research and speak regarding the particular theme
- Decorate accordingly
- Encourage everyone to dress according to the theme and give an award to the best costume if costumes are appropriate for the theme

Theme ideas: *Grazie* **Bienvenido** **Willkommen**!

- Ethnic groups
  - Italian
  - German
  - Mexican
  - Brazilian
  - Norwegian
  - Chinese
  - You get the idea – choose cultures you perhaps have not know much about in the past to enlarge your boundaries and educate your group
- Religious celebrations or traditions
  - Passover
  - Pentecost
  - Baptism
  - Communion
- Seasonal theme out of season
  - Celebrate summer in the midst of winter
  - Celebrate winter in the midst of summer
  - Christmas in July
- Sports themes
  - Baseball
  - Football
  - Little league
  - Bowling
  - These types of dinners can simply decorate around the theme and not involve the actual physical playing of the sport. If possible have a speaker who has great knowledge of the game and can tell interesting anecdotes with a spiritual emphasis.
Remember that everyone does not have family close by and/or cannot travel to be with family during holidays. Planning an event for each holiday can be wonderful therapy for easing the absence of loved ones. Besides the big ones that are easy to plan, decorate and prepare food for consider others that might not be so ordinary. Here is a list of the ordinary and the extraordinary to consider.

- New Year’s Day – January 1
- National Clean Off Your Desk Day – January 10
- Religious Freedom Day – January 16
- Groundhog Day – February 2
- Valentine’s Day – February 14
- President’s Day – varies each year
- National Pig Day – March 1
- National Anthem Day – March 3
- Good Friday – March or April
- Easter – March or April
- St. Patrick’s Day – March 17
- April Fool’s Day – April 1
- Income Tax Day – April 15
- Take our sons and daughters to work day – April
- May Day – May 1
- National Day of Prayer & Cinco de Mayo – May 5
- National Bike to Work Day – May 16
- Memorial Day – May
- Flag Day – June 14
- Independence Day – July 4
- National Hot Dog Day – July 22
- National Homeless Animals’ Day – August 20
- Labor Day – September
- Patriots’ Day
- Talk Like a Pirate Day – September 19
- World Gratitude Day – September 21
- Columbus Day – October
- Sadie Hawkins Day – November 1
- Sandwich Day – November 3
- Veterans Day – November 11
- Thanksgiving Day – November
- Christmas Day – December 25
- New Year’s Eve – December 31

To find more visit [http://www.earthcalendar.net/index.php](http://www.earthcalendar.net/index.php) on the internet
Sing-Along

Everyone loves music and singing does the heart and soul good. Plan an afternoon or evening meeting for a time of singing and sharing time together.

- Recruit someone from your group or church who has a good voice for leading the singing
- Recruit musicians such as pianists, organists, guitarists to provide accompaniment
- Ask the song leader and musicians to provide music that everyone can sing along with such as hymns and choruses.
- Provide hymnals and song sheets so everyone will have the words or project them on a large screen.
- Leave time for people to call out special requests and have the musicians do their best to lead in those requests.
- Provide light refreshments or have everyone bring a dessert or appetizer to share.
- A sing-along can also be used as the program part of any dinner event
- Watch for musicians coming to your area who might be providing similar music and take your group to that event.
- Invite other senior groups from surrounding churches to your sing-along event.
Crafts, Woodworking, Jewelry Making…

Activities that allow people to work with their hands can also provide a wonderful time of fellowship and sharing. Organize one or several timeframes for people to come and use their talents to teach those who want to learn a new craft. Find out the interests of the people in your group and provide a room at your church where they can come to learn and grow. Ideas of classes:

- Oil painting
- Watercolor painting
- Jewelry making
- Woodworking
- Ceramics
- Sewing
- Leather crafts
- Knitting
- Croquetting
- Quilt making
- Making fishing lures
- Cooking: indoor or outdoor, baking, cake decorating, etc.
- Computer use
- Weaving
- Soldering
- Gardening tips
Exercise

Adults of all ages improve their health and lives by actively taking part in a regular exercise program. Often a person needs the encouragement another person or a group can bring to motivate them to get active. Exercise can be adapted to all shapes, sizes and ages with just a little planning. Find out what the exercise interests of the people in your group are then plan a place and time to meet. Announce your exercise often to draw in new people. Consider the following:

- **Walking** – Meet at a specific time on specific days at a park or gymnasium. Many communities have walking paths or greenways that provide a safe place to walk and enjoy nature. In inclement weather many indoor malls open early to allow walkers the warmth and safety of walking indoors.
- **Weight lifting** – Find a community center that has a weight room or weight machines where you can all meet and help each other do strengthening exercises. Another idea is to carry weights or canned goods in each hand when walking.
- **Golf** – Find out if your local golf course or driving range would be willing to set aside a specific day and time for your group to come regularly together.
- **Tennis** – Use a community court or inquire about courts at apartment complexes. These often go unused during the daytime hours and perhaps could be reserved for your group.
- **Inquire at your church regarding someone willing to lead an aerobics or other type of exercise class for your senior adult group. Many times you can use a room at the church if you reserve it ahead of time.**
- **Swimming** – Find a neighborhood or community pool where your group can swim laps or do water aerobics.
Prayer Meetings

By making prayer a regular activity for your senior adult group you will promote strong spiritual lives, growth of friendships and a core of compassion. It is wise to have an opening and/or closing prayer at each of your events, however you can also set aside a specific day to come together for the primary reason of prayer.

A meal can be added such as a prayer breakfast to encourage prayer early in the day, but food is certainly not necessary to prayer. Perhaps you will want to set your prayer meetings up as designated times of fasting.

To set the stage for prayer:

- Dim the lights approximately five minutes after the beginning of the meeting. This allows attendees to get into the room safely and find a place to sit, kneel or stand during the prayer.
- Open with just a few comments
- Use the first ten minutes to hear praise reports from the group.
- For the next ten minutes take prayer requests
- Remind the group to pray for leaders, church attendees, unchurched, unsaved, hospitalized people, shut-ins, etc.
- Instruct the group to find a place to pray that is comfortable for them
  - Some may want to pray alone
  - Others may want to gather in small groups to pray together
- Just before the prayer time begins, inform the group of when prayer time will end. This will depend on how open-ended you want to have your time. It also will depend on how long you can have use of the room or church.
- At the close of the designated time end the service in a predetermined manner:
  - Announce that the time has come to an end and either pray a closing prayer or ask someone else to lead in prayer.
  - Inform the group if the allotted time is over, but they can feel free to linger longer.
  - Announce the closing of the prayer time and request that as they feel led to leave the room silently and proceed to their cars without stopping for fellowship. Sometimes this can prolong their attitude of prayer and they can continue in that state as they return home.
Service to Others

There are several different types of outreach that a senior adult group can do. Why embark on outreach to others when often the needs of the senior adults in our own churches are many?

Giving to others is a Godly and Biblical principle. When you reap you sow. Ask any farmer, how many ears of corn he gets from one grain planted and you will easily see why we should all be planters. Whose Jesus are you? Many people including senior adults will never come to your church no matter how exciting your program or event. That is why it is essential to go to them.

Reach Out ~ REACH OUT ~ reach out ~ REACH OUT ~ Reach Out ~ reach out

Nursing Home Ministry

Set a time each month to visit people in nursing homes in your community. Don’t just visit those from your church, but arrange with the home a time when you can come and go room to room just to visit the patients. After establishing a rapport with many of the patients take them a Christian tract or simply share a verse or prayer with them.

Find out if the nursing home would allow your group to come and provide a regular weekly or monthly program with the patients who want to attend. Often such facilities will have meeting rooms that can be used for fellowship or a short service. Plan a devotional and lots of singing. End with a prayer time and a promise to return... You may want to plan some special events around holidays, or make a point to come at other times of the year, since so many groups do visit for holidays. Remember, the patients need fellowship all year.
Remember Our Troops

Prepare small boxes to send to our men and women who are serving in the military away from home. Include:

- snacks
- letters
- cards
- artwork from children’s Sunday school classes
- inspirational writings
- small paperback books
- phone cards
- mini fans
- sports equipments
- DVD movies
- cd musical recordings
- cd players
- laptop computers
- misting spray bottles
- bug guard
- sun block
- digital cameras
- new t-shirts with hometown, state or company logos
- handheld games
- travel size toiletries

Our troops often receive gifts at Christmas, but would especially like to be remembered at other times of the year. For more updated information regarding what troops want and need go to the following websites:

http://www.4thetroops.net/currentprojects.html


http://www.uso.org/pubs/8_13_18.cfm
Adopt a Grandchild

Work with your children’s minister or youth pastor to find out which children and teenagers in your church live far from grandparents, or perhaps don’t have any living grandparents. Organize a night when both the adopters and the adoptee can meet in a large group. Later, choose a child or teen for each senior adult to adopt.

- Make a certificate of adoption and present it to the one being adopted
- List the name, address and contact information of the adopter.

To adopt someone you must be willing to contact them regularly by phone, email or through cards and letters. Set up times to go out together for a snack, to the mall, or simply to take a walk in the park. Find out the adopted person’s interests, likes and dislikes and make a point to become knowledgeable in those areas also in order to have good conversation when together.
ADOPT A YOUTH PROGRAM SUGGESTIONS

Recruit senior adults who would like to be involved with the Adopt a Youth program.

Request information from the Youth Department regarding each young person who would like to have adoptive “grandparents.”

Plan the initial meeting to introduce “grandparents” to the young person who has been selected for them.

Provide a certificate of adoption for the adoptee signed by the “grandparent”.

Have the grandparent make a verbal commitment of love, availability and prayer to the young person.

Grandparent should contact their adoptee weekly and inquire about their life, prayer needs, etc.

Set up times to celebrate birthday, other special occasions or simply to spend time together.

Make a point to contact your adoptee at church before and/or after services.

If possible, pray at the altar with your adoptee.

Keep confidentiality of your adoptee.

Plan a church-wide meeting every six months providing a dinner and a time for grandparents and youth to be together and share testimonies.
Other Senior Adults or Groups

Find out what other churches in your area have a specific group for senior adults and invite them to a special dinner or event sponsored by your group. It is always good to have new people for fellowship.

- Make an appointment with the pastors of other churches and present your idea of inviting his group with the clear message that you do not want to steal his sheep, but merely want to provide more fellowship and ministry to them.
- With pastoral approval, meet with the other churches’ leader and set a time when you can visit their group to present the invitation.
- When a church doesn’t have an organized group of seniors, invite them to become regular attendees to your group meetings, again with the approval of their pastor.

Feeding the Homeless

Learn where in your community homeless people stay such as parks, missions, beneath freeway bridges. Plan a cookout in a local park where you can prepare food and pass it out to those who come. A week before the event, take flyers to advertise free food to the above-mentioned areas. Encourage the homeless to come the following Saturday to receive free nourishment. While they are at the park, eating, announce that after a brief message you will be distributing blankets and clothing. Have a leader from your group present a short message including a call for salvation. After prayer pass out the blankets and clothing that you will have collected in previous weeks from your church members. Remember to check with your city authorities to be sure you don’t need a permit to hold such an event in a public place.
Trips and Travel

What can we do? Where can we go? How much longer? These questions may remind you of family vacations with small children. As adults retire or cut back on work time they often find a new sense of energy and interest in the places around them. Free from family and/or work obligations they want to explore a variety of venues of education, information and entertainment. This type of activity is always more enjoyable with a friend or group of friends. This section of the booklet will give a list of ideas for trips along with some guidelines to keep your trips safe. From this list you will likely think of many more opportunities in your own area of the country that would afford a day or several days of interest.

Start with a planning committee and determine:

- Number of trips per year
- Best calendar dates for each trip taking into consideration other church events
- Types of trips desired
- Cost of trips
- Scholarships & fundraisers to help defray costs

Many local businesses offer field trips to school age children, so why not inquire about bringing your senior adults to tour a facility?

- Grocery stores
- Police stations
- Fire stations
- Interactive restaurants
- State capitol building
- Dams and Boat locks
- Orchards
- Libraries
- Fitness centers
- Fish Hatcheries
- College campuses
- Factories
  - Textile
  - Candy
  - Shoe
  - Furniture
  - Cabinet
  - Automobile
- Museums
  - History
  - Children’s
  - Science
  - Antique
  - Auto
  - Space Center
  - Art Galleries
  - Sports
  - Planetariums
  - Aircraft

- Music and Drama Venues
  - College music programs
  - Theaters
  - School programs
  - Holiday programs
  - Voice and instrumental recitals
  - Fine arts competitions
• Exploring travel
  ✓ Ferry rides
  ✓ Train rides
  ✓ Dinner trains
  ✓ Showboats
  ✓ Carriage rides
  ✓ Light rail
  ✓ Subway

• Sporting events
  ✓ Baseball games – professional teams, little league, high school teams or college teams
  ✓ Football games – consider all of the teams listed above
  ✓ Basketball games – consider all of the teams listed above
  ✓ Olympic games if they happen to take place in your area
  ✓ Special Olympics
  ✓ Ice skating – visit your local rink whether to skate or to watch and enjoy those skating
• Other possible trips
  ✓ Christmas programs out of your area
  ✓ Christmas light tours
  ✓ Hiking tours
  ✓ Camping trips
  ✓ Bicycle tours
  ✓ Historic towns
  ✓ Home tours
  ✓ Flea markets
  ✓ Outlet shopping
  ✓ Amusement parks
  ✓ Zoos
  ✓ Historic villages
  ✓ Caves
  ✓ Amish communities
  ✓ Civil War reenactments
Excursion planning

When planning an excursion for your senior adults procure all of the information before you begin advertising it to your senior adults. Try to anticipate all the questions that might come up and be prepared with answers. If you don’t know the answer assure the questioner that you will find out and let them know. One of your committee should be assigned to the responsibility of finding answers and reporting back. Make sure this is someone who is trustworthy and good at follow-up.

To help you plan such an excursion use the form provided in this booklet.

Advertising excursions

Begin advertising the event as soon as possible. When giving announcements at your class or meeting tell the most current events first, then give a brief mention of upcoming events with the most accurate definite information you have.

Methods of advertising:
- Printed flyers
- Posters
- Letters
- Postcards
- Email
- Church bulletin
- Announcement from the pulpit
- Announcement in senior adult class and other adult classes

Remember to always list a phone number where people can call for information, and then be certain that the person answering that phone has all the latest information and is pleasant to all callers.
INFORMATION TO INCLUDE ON ADVERTISING:

- WHERE
- WHEN (date, time and length of event)
- HOW YOU WILL TRAVEL
- COST (method of payment preferred)
- WHAT IS INCLUDED
- TYPE OF EXCURSION
- HANDICAPPED ACCESSIBILITY
- WHERE AND HOW TO SIGN UP
Planning a Senior Adult Excursion Form

Where:
Name of place_____________________________________________________
Address___________________________________________________________
Phone number_____________________________________________________
Available Dates_____________________________________________________
Cost per person_________
Group rate_______________ How many needed to qualify for group rate_______
Meeting place_____________Leaving time____________ Return time_____________
Mode of transportation_______________________________________________
Carpooling Drivers__________________________________ # of seats ______
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
Rest areas on the way: Yes _______ No________
Meal plans: Bring a sack lunch________
Restaurants___________________________________Approx. cost_____
____________________________________________________________________
____________________________________________________________________
Miscellaneous information
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
Trip Precautions

In most parts of the country, adults are staying very active as they reach later years and begin to retire. As your senior adult group plans special tours or trips it is important that all of your participants have supplied you with adequate medical records. Included in this booklet are forms to consider for your use. Keep one copy of each person’s file at the church and take one copy along on your trips and daily excursions.

By doing this you and your participants may be saved from heartache, time, effort, finances and guilt in the event a medical crisis or concern should arise. It will also protect your leaders and the church from liability.

DON'T BE LEFT BEHIND!!!
REGISTRATION AND AUTHORIZATION

Please Note: Every person must have a signed registration & authorization form on file with the church to take part in trips, retreats, conferences, etc.

<table>
<thead>
<tr>
<th>Personal Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Name: ____________________________</td>
</tr>
<tr>
<td>Mailing Address: ____________________________</td>
</tr>
<tr>
<td>City: __________ State: __________ Zip: __________</td>
</tr>
<tr>
<td>Home Phone Number: (_______) ____________________________</td>
</tr>
<tr>
<td>Other Phone Number: (_______) ____________________________</td>
</tr>
<tr>
<td>Gender: _______ Birth Date: __________</td>
</tr>
<tr>
<td>Insurance Carrier: ____________________________</td>
</tr>
<tr>
<td>Policy #: ____________________________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Emergency Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Name: ____________________________</td>
</tr>
<tr>
<td>Daytime Phone Number: (_______) ____________________________</td>
</tr>
<tr>
<td>Alternate Phone Number: (_______) ____________________________</td>
</tr>
<tr>
<td>Person to Contact in Case of an Emergency: ____________________________</td>
</tr>
<tr>
<td>Emergency Phone Number: (_______) ____________________________</td>
</tr>
</tbody>
</table>

Please List Other Person(s) Authorized To Make Medical Decisions

_________________________________    ________________________________

Please List Any Allergies, Medical Conditions or Chronic Health Conditions:
______________________________________________

Can you swim?____________________ |
Are you presently being treated for an injury or sickness?_______ |
Are you taking any form of medication for any reason? _______ If yes, please list the medications and reason for taking them below:

______________________________________________

______________________________________________
To Contact Doctor/Clinic:

Name: ________________________________________________________________
Phone Number: (________) _______________________________________________
Address: ______________________________________________________________
City: _____________________________________ State: _________ Zip: _________

For Emergency Medical Treatment Of My Student, My Preferred Hospital Is:

Name: ________________________________________________________________
Phone Number: (________) _______________________________________________
Address: ______________________________________________________________
City: _____________________________________ State: _________ Zip: _________

Authorization for Emergency Medical Care

I understand that in the case of an emergency I will be taken to the nearest medical
facility in case of accident or illness and arrangements for medical care will be made by
the leader of our group with the advice of myself or those listed above to be contacted.

I do not hold the church and their respective staff and volunteers responsible for any
injury as a result of my participation in the events and trips in which I choose to
participate. I also understand that mutual respect and appropriate behavior is expected
and required for my participation.

I also understand that it is my responsibility to update this form as necessary.

Signature:_____________________________________________________________
Date:________________

A facsimile or photocopy of this form shall be as valid as the original.
DATE:

TRAIN FARE:

MEETING PLACE:

MEETING TIME:

CARPOOL INFORMATION:

We will be traveling to Felton to the Roaring Camp Railroad Station, where we will board the narrow gauge steam train, which takes passengers over trestles and through the woods, whistling and chugging along, just as they did more than a century ago.

The Station Depot is authentic and there is an 1880’s General Store, picnic areas and we have the choice of the “Chuck wagon Bar-B-Que or lunch at the Snack Shop or you can bring your own sack lunch.

For reservations:

Name:
Phone Number:

Church name:
Church address:
Church phone number:
November __200__

Dear Adults in Action Friends,

In looking forward to the Holiday Season, we thought we all might enjoy a short jaunt to the ________________Outlets for a little Christmas shopping (or window shopping), hopefully at discount prices!

We will have lunch at_________________________ in the vicinity of the outlets.

➤ Saturday, November________________________
➤ Meet at the church at 9:00 a.m.
➤ We will carpool - $5.00 donation

For further information call___(name)___________ at
____(phone number)____________

or ___(name)__________________________ at
____(phone number)___________________

** Due to the many Christmas activities of church and families, we will not have a Christmas trip, but plan to have our next trip in January to the Governor’s mansion in ____ (name of town)________________. Be sure to reserve time for this outing!!
God richly bless you in the days to come!

Name of church
Address of church
Phone number of church
Senior Adult leader’s name
Dear Adults in Action Friends,

Nearly 5,000 people were on hand last spring to witness the dedication of the first aircraft carrier museum on the West Coast. This month we will have a wonderful experience exploring this very special museum – the USS Hornet.

The Hornet, anchored at the former Alameda Naval Air Station, has been restored using 600 volunteers and more than $1.3 million in donations. Visitors can see white footprints marking the spot on the hangar deck where astronauts took their first steps back on earth after becoming the first to walk on the moon.

To learn more interesting facts about this museum make your reservations as soon as possible by calling __________________________ at____________________

After the tour, we will return to Oakland’s Jack London Square to ______________ for lunch and some time for roaming about the waterfront.

Bring a friend!!

- Day and date
- Meeting place
- Meeting time
- Museum fee
- Carpool arrangements and cost
Ideas for brochures for conferences and retreats:

**Keynote Speaker**

serves as the Adult Ministries Director for First Assembly of God in Anytown, MS. The passion of his ministry portfolio is to the senior adults in his church and community. He serves on the state board of Advocates for Aging and is a well-known speaker across the country. He is a widower and has 3 grown children and 8 grandchildren. You will enjoy his love of God, people and humor. His message will hit home and leave you as a new creature in Him.

**Schedule**

*Monday, August 9 - noon-3:00 p.m. - registration*

3:30 - Tour campgrounds and settle into rooms.
5:00 - Dinner
7:00 - Evening service

*Tuesday, August 10*

7:30 a.m. - Breakfast
9:00 a.m. - Morning praise
10:00 a.m. - Workshops
12:00 noon - Lunch
1:00 p.m. - Workshops
2:30 p.m. - Games, hiking, free time, shopping at the outlets
6:00 p.m. - Dinner
7:30 p.m. - Evening service
9:00 p.m. - Bonfire and singing
Wednesday, August 11
8:00 a.m. - Breakfast
9:30 a.m. - Workshops
10:45 a.m. - Closing rally
12:30 p.m. - Farewell lunch
1:30 p.m. - pack and leave

Registration

Please use one registration per person. This form may be duplicated.
Cost - includes 2 nights lodging, 6 meals, speaker and recreation.
$90 - individual
$150 - married couples
Name_____________________

Address___________________

City_______________________

State____ Zip code___________

Phone_____________________

Individuals will be placed with a roommate of the same gender. If you are coming with a friend you would like to room with please list name here_________________________

Type of payment:
Credit card:
Type_______
Number___________________
Expiration date_____________

Check_____ please enclose with registration.

Keenagers Kamp is sponsored and financially subsidized by the ________District of the Assemblies of God.

This year's camp is being held at the beautiful Big Trees Campground in Felton, CA. Attractions in the area are: Santa Cruz beach and boardwalk, Bethany College,
Pacific Garden Mall and many historic walks and hiking trails among the giant Sequoias and Redwoods.

**Keenagers Kamp**

August 9-11, 200___
Big Trees Campground
Felton, CA