

AUGUST 2024

Ridgeview Mennonite Church

Budget	\$ 134,640.00
YTD Received	124,426.00
Education	2,110.00

TUESDAY ALIVE JULY 9

Lauren Graber, Wellness Director at Garden Spot Village, led an interactive morning of movement.

The key to wellness is movement. She emphasized, "Make it fun!"

She led the group in sitting exercises:

- Marching in your chair. (Do it during commercials while watching TV)
- Add cardiac movements, like playing an instrument or conducting the entire orchestra.
- Chair sit-ups (start with 5 repetitions, add more as desired)

1. Sit up tall
2. Keep back straight as you bend forward, hold.



Friends meet for coffee

3. Straighten back up. Hold
 4. Add 1lb hand held weights for cardio effects
- Sitting up straight, interlace fingertips behind head then touch opposite elbow to opposite knee.

Tips for taking breaks:

- Drink water!
- For every cup of caffeine, drink a glass of water
- Cramps are a sign of dehydration.



Evie introduces guest

Lauren also led in some strength-building, stretching and balancing activities. Her theme was, "Move with fun."

Larry Stoner, Mennonite Disaster Service Operations Coordinator, will tell stories of the MDS 3rs - Respond, Rebuild, Restore



Chair exercises

BIRTHDAYS

- 2 Steve Crane
- Jesse Kanagy
- Mariah Kauffman
- 6 Mick Sommers
- 7 Bethany Jacke
- 20 Nathan Horst
- 24 Joanne Zimmerman
- 26 Dean Rohrer
- 27 Hannah Jacke

ANNIVERSARIES

- 3 Steffen & Kate Sommers
- 7 Jason & Sarah Rohrer
- 9 Evan & Charlotte Lapp
- 19 Sam & Leonie Walters
- 24 Mick & Julie Sommers



August 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1 6:30-9pm Youth	2	3
4 9am Fellow- ship 9:30 Worship 10am-3pm Branch fellow- ship hall	5	6 5-9pm Quilters	7	8 6:30-9pm Youth	9	10
11 9am Fellow- ship 9:30 Worship	12	13 10am Tuesday Alive	14	15 6:30-9pm Youth	16	17
18 9am Fellow- ship 9:30 Worship	19	20	21 7am Men's break- fast@Amos Place	22 6:30-9pm Youth	23	24 Fellowship Hall & Sanctu- ary—Branch
25 9am Fellow- ship 9:30 Worship	26	27	28	29 6:30-9pm Youth	30	31